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THE AUSTRALIAN
Women's Weekly

Easy air fryer

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Lemon & herb
pork schnitzels

Your fave
fried foods
made healthy
& delicious

the Everyday Cookbook collection

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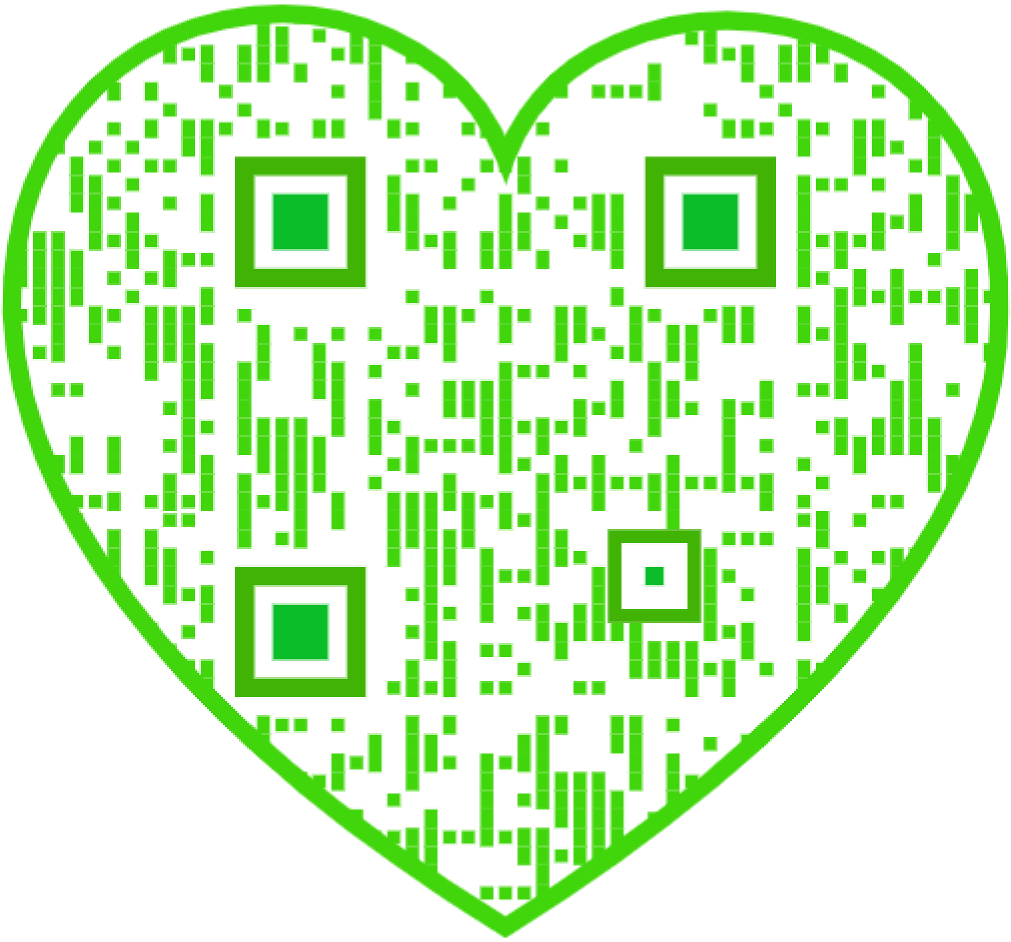

Savoury and sweet recipes to fry, roast and bake in your air fryer. All the classics, plus fresh new ideas!

How good is the air fryer? Quick and easy to use, this appliance has revolutionised the way we prepare meals. Master the art of air-frying vegies, chicken, ribs and burger patties (if you haven't already), then try something new like crispy gnocchi or calzones. And for those with a sweet tooth, there's a whole chapter of baked goods to try!

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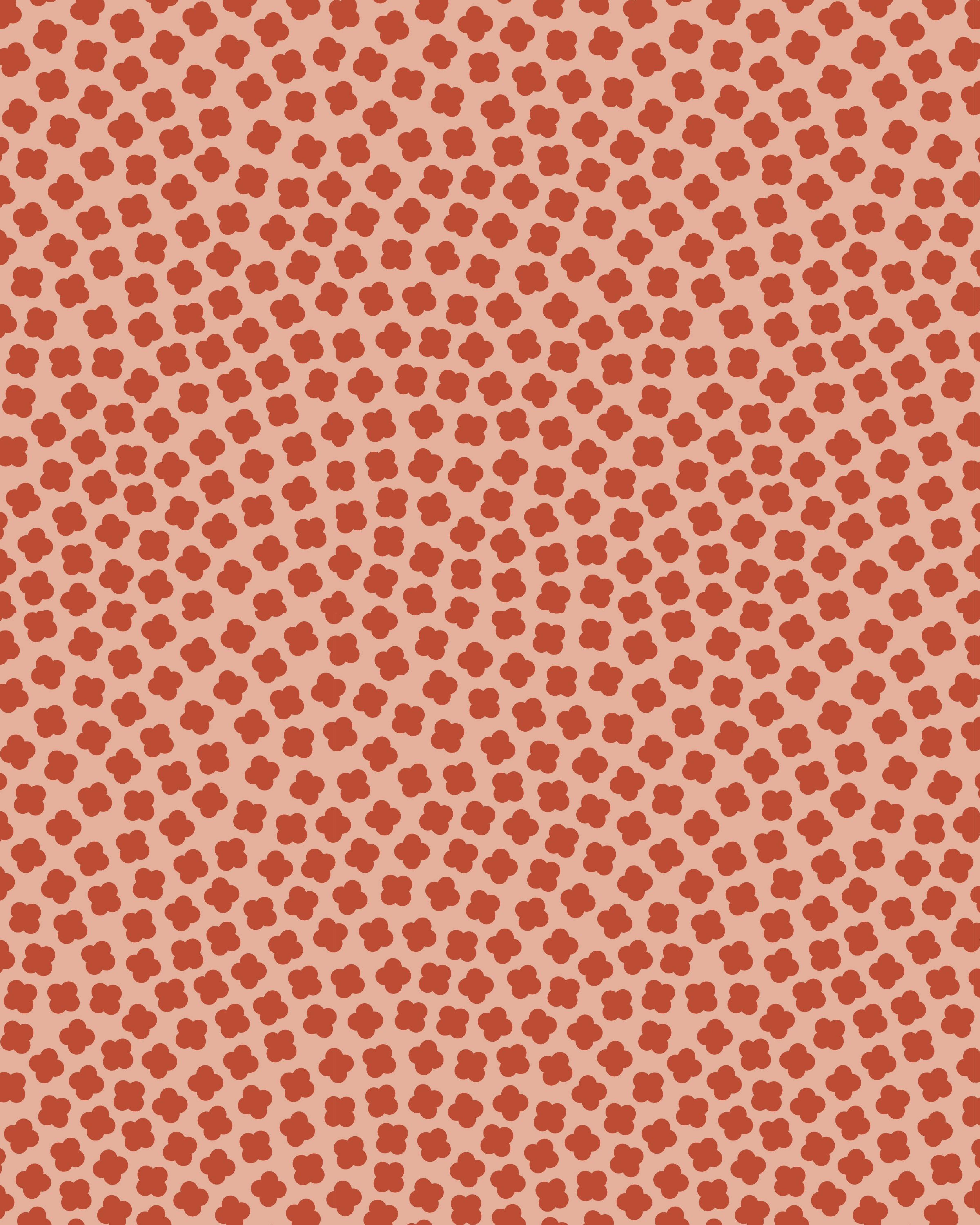

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EASY AIR FRYER

YOUR FAVE FRIED FOODS MADE HEALTHY & DELICIOUS

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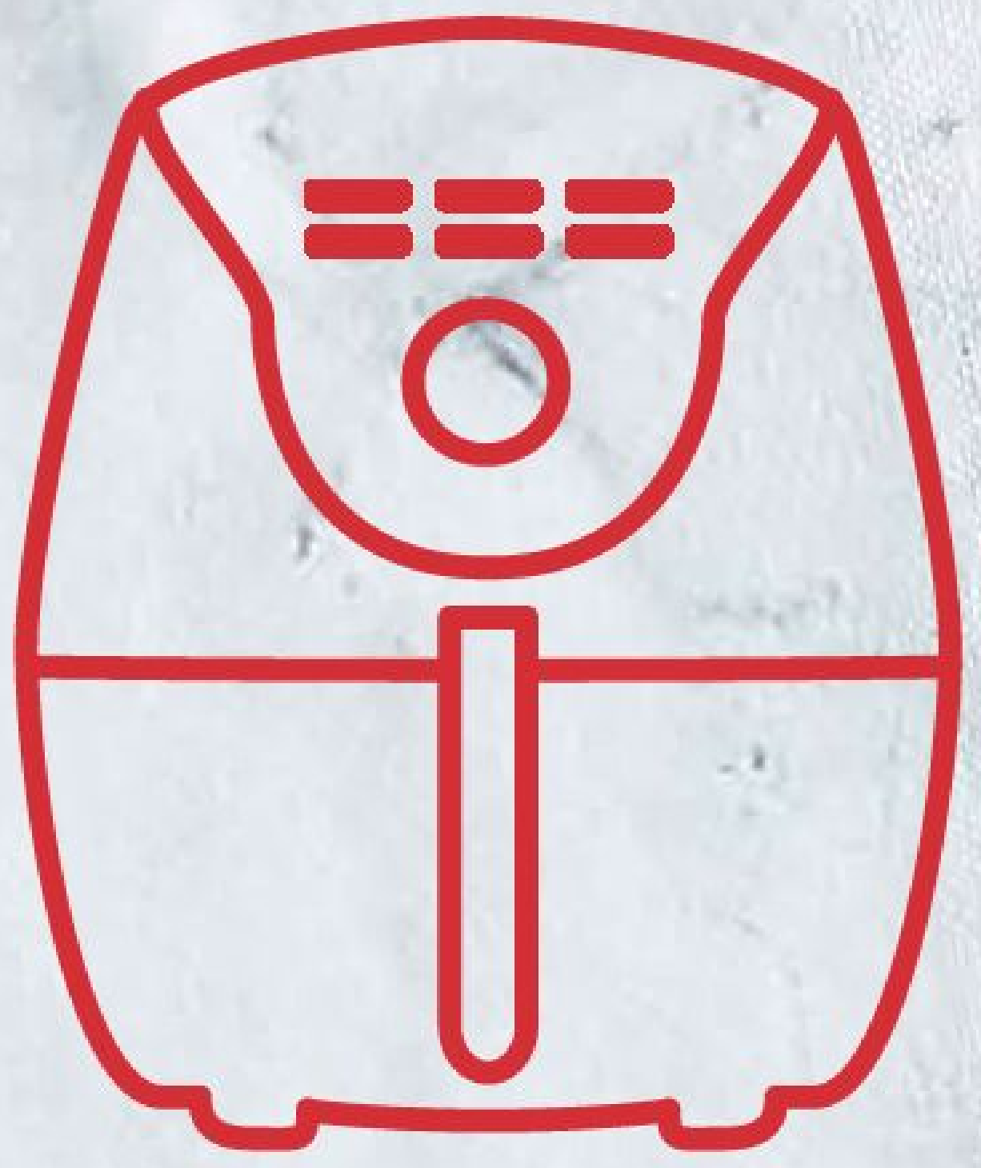
AIR FRYER GUIDE

HOW IT WORKS

The air fryer is renowned for replicating the crisp texture of deep-fried foods using a fraction of the oil. This amped-up benchtop convection oven works by pushing hot air around food; the rapid circulation of air in the confined space helps to make food crisp, just like deep-frying but with less oil. For example, air-fried hot chips contain 4–6g fat versus 17g for the deep-fried equivalent.

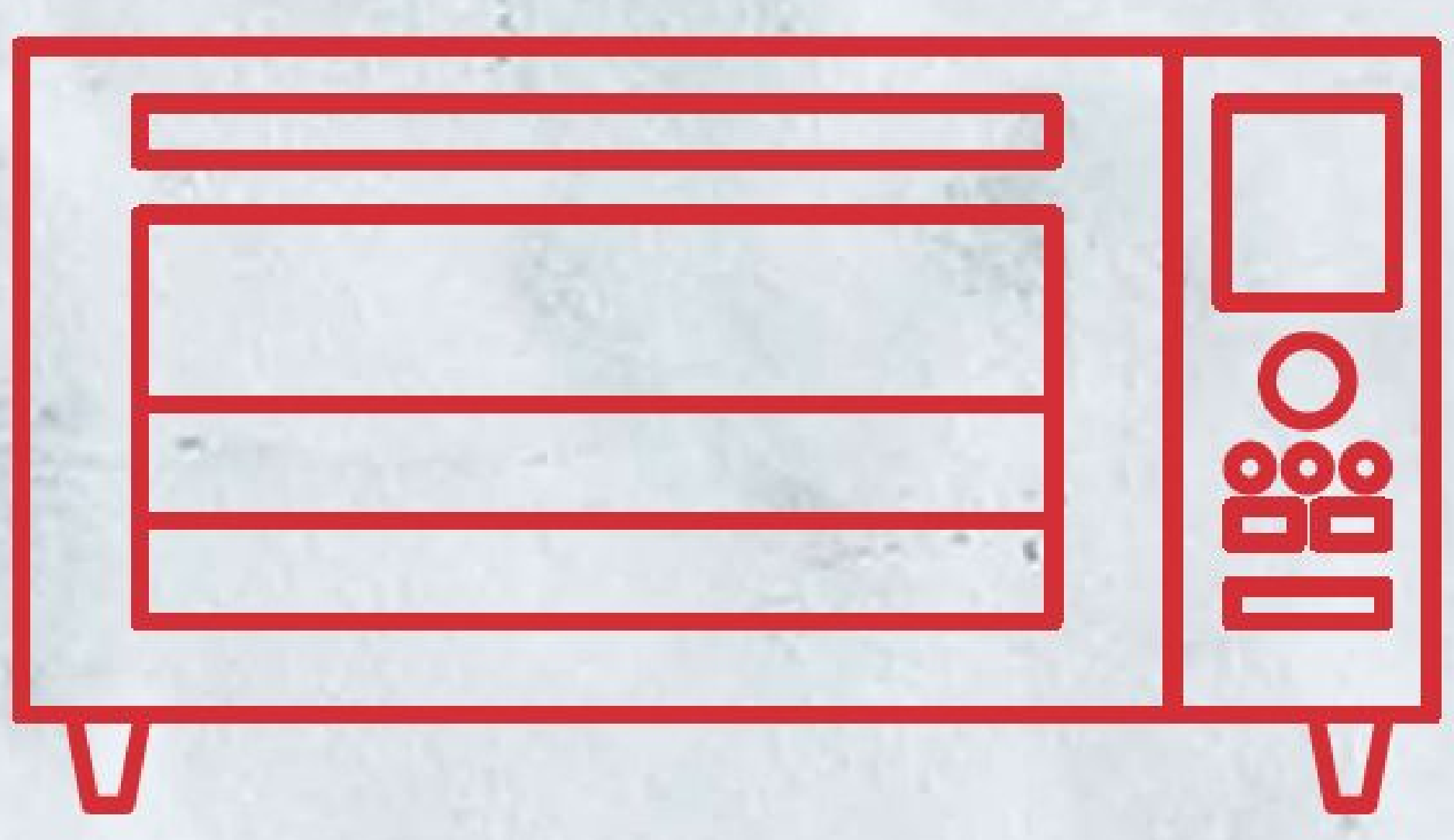
THE DIFFERENT TYPES OF AIR FRYERS

BASKET AIR FRYERS



These compact versions range in capacity from 3 to 7 litres. With this style, the base of the handled basket is perforated and slightly elevated from the base of the pan, which collects oil drippings and cooking juices. While they are nifty, they do not allow for large volumes of food and you will not be able to cook an entire family meal in them.

OVEN AIR FRYERS These larger versions of air fryers (11 litres) open like an oven with a door. They offer the convenience of a compact oven with the benefits of an air fryer, and for a single person or couple, could even suffice as their solo cooking medium. These appliances come equipped with two or three wire racks for shelves, which allow for a variety of foods to be cooked at the same time. They also include additional functions, such as a low temperature mode for dehydrating and a defrost mode for thawing food. They also come with pre-set functions for cooking foods like chips, chops, prawns, drumsticks, and steaks. The clear oven door allows you to see how your recipe is progressing without the need to open it, keeping the temperature stable inside.



For this book, we've used popular well-priced and mid-sized 5.3-litre and 7-litre models. If you have a larger appliance, you'll be able to cook larger amounts of food, while for a smaller one, you'll need to decrease quantities accordingly to fit in your appliance.

SAFETY

Before starting any recipe, read the manufacturer's instructions for your appliance. Air fryers can get hot, so allow sufficient space on the benchtop around it. The vent at the back extracts steam, and with it grease, so you will find that you will need to wipe down the surface behind your air fryer. Once the basket is pulled out of the appliance, treat it like it has come out of the oven – it will be hot!

Take care when adding and removing items from the air fryer basket. It is also important to clean your appliance after every use, both the inner basket and outer pan, to remove grease, or the appliance will smoke and any small trapped pieces of food will burn.

BAKING

Avoid anything that is too tall and will come in contact with the top element of the appliance, otherwise it will burn. If you are using the appliance to bake, avoid very light textured or liquidy batters, as the vortex created by the appliance is strong enough to make the batter spit or create a volcanic-looking top on your baked item. Keep an eye on sugary mixtures, as the browning of these in an air fryer will be accelerated.

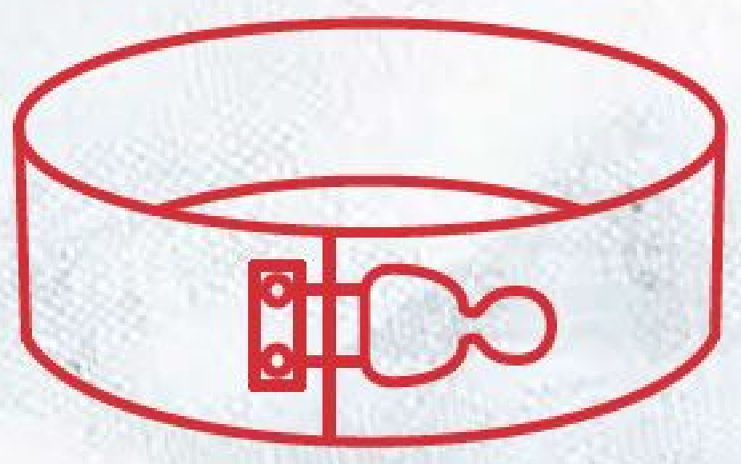
FRYING

Air fryers excel at crisping dry ingredients, but where they don't work well is for foods with wet batters to be fried – these will simply stick rather than get crispy. It is also not just a question of popping food into the air fryer instead of into hot oil in a pan. The cooking method needs to be adapted to create a comparable result.

ACCESSORIES

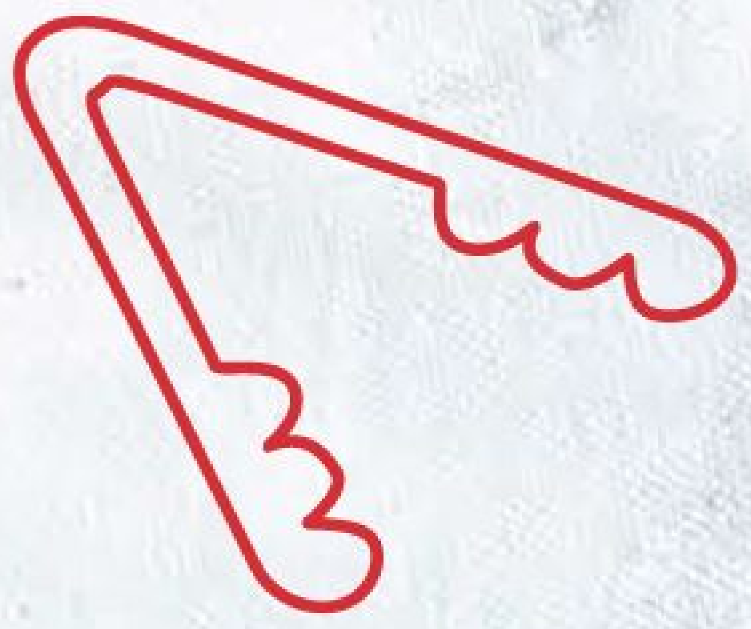
RACKS

Most basket-style air fryers come equipped with at least one basic circular rack. Also useful is a toast rack to assist with sitting bread slices upright.



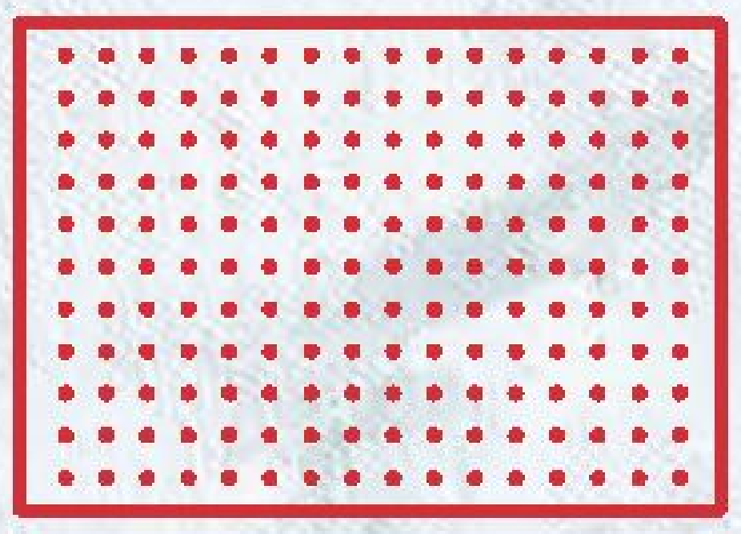
PANS

Investing in cake pans that fit in your appliance will enable you to get the most out of it. Many small conventional pans will fit. Muffin pans for standard ovens won't fit, so it is handy to buy a circular tray with muffin inserts.



UTENSILS

While most everyday kitchen utensils – tongs, spatulas and lifters – can be used in the air fryer, it is worth investing in ones with silicone ends if you want to maintain the protective surface of your appliance.



SMALL SILICONE MATS

Small silicone mats are perfect for lining the base of the air fryer when cooking baked goods, as baking paper will fly up. These inexpensive mats can be bought from budget and homewares shops and can be cut to fit your appliance.

CLASSICS

Lamb cutlets with mustard rub & mint sauce

PREP + COOK TIME 25 MINUTES
SERVES 4

½ cup (125ml) white wine vinegar
½ cup (110g) caster sugar
1 bunch mint, chopped finely
2 tbsp extra virgin olive oil, plus extra to drizzle
1 tbsp Dijon mustard
1 tbsp wholegrain mustard
1 tbsp maple syrup
1 tbsp finely chopped rosemary
1 tsp cracked black pepper
12 un-Frenched lamb cutlets (900g) (see tips)
300g green beans, trimmed (see tips)

1 To make mint sauce, place vinegar, sugar and ¼ cup (60ml) water in a small saucepan; cook, stirring, over low heat until sugar dissolves. Cool slightly. Stir through mint.

2 Preheat a 7-litre air fryer to 200°C for 3 minutes.

3 Combine oil, mustards, maple syrup, rosemary and pepper in a large bowl; add lamb and toss to coat.

4 Taking care, place the lamb in the air fryer basket; at 200°C, cook for 6 minutes, without turning, or until medium or cooked to your liking (see tips). Transfer to a plate; cover with foil and rest for 2 minutes.

5 Meanwhile, boil, steam or microwave beans until just tender; drain well.

6 Serve lamb with mint sauce and green beans, drizzled with extra oil.

TIPS *Un-Frenched lamb cutlets retain the meat and fat at the bone end of the cutlet. Cooking time may vary depending on the thickness of the lamb cutlets. Cut any thick green beans in half lengthways so they cook in the same time.*

Salt & pepper tofu

PREP + COOK TIME
35 MINUTES (+ STANDING)
SERVES 4

450g packet firm tofu
2 egg whites
¼ cup (35g) cornflour
¼ cup (45g) rice flour
1 tbsp sea salt flakes
1 tbsp mixed peppercorns, freshly ground
olive oil cooking spray
1 large carrot (180g), julienned
1 telegraph cucumber (400g), seeded, julienned
1 medium red capsicum (200g), julienned
2 cups (160g) bean sprouts, trimmed
½ cup coriander leaves
2 tbsp sweet chilli sauce
2 tbsp lime juice
2 tsp sesame oil
1 clove garlic, crushed

1 Cut tofu into 3cm cubes. Line a chopping board with paper towel and place tofu pieces on top. Lay more paper towel on top of tofu, then top with a heavy tray (or small chopping board) to weigh the tofu down; leave for 10 minutes to drain.

2 Beat the egg whites in a shallow bowl. Combine flours, salt flakes and peppercorn in a second shallow bowl. Dip tofu pieces in egg white, then coat in flour mixture. Spray generously all over with cooking spray.

3 Preheat a 7-litre air fryer to 200°C for 3 minutes.

4 Taking care, place tofu in a single layer in the air fryer basket; at 200°C, cook for 10 minutes, turning halfway through cooking time, or until crisp and golden.

5 Meanwhile, combine carrot, cucumber, capsicum, sprouts and coriander in a medium bowl. Whisk sweet chilli sauce, lime juice, sesame oil and garlic in a small bowl. Add dressing to the salad; toss to combine.

6 To serve, divide salad and tofu among plates.

Potato gratin

PREP + COOK TIME 45 MINUTES **SERVES** 6

750g potatoes, peeled
⅔ cup (160ml) pouring cream, warmed
⅓ cup (80ml) milk, warmed
1 tbsp rosemary leaves
2 cloves garlic, crushed
1 small onion (80g), sliced thinly
1 cup (120g) grated gruyère cheese
***to serve:* sea salt flakes**

1 Using a mandoline, V-slicer or sharp knife, slice potatoes very thinly.

2 Whisk cream, milk, rosemary and garlic in a large jug until combined, then season.

3 Layer potato slices, onion and cream mixture in a 20cm round ovenproof dish, finishing with the cream mixture. Using your hands, press down on the potatoes firmly.

4 Preheat a 7-litre air fryer to 160°C for 3 minutes.

5 Taking care, place dish in the air fryer basket; at 160°C, cook for 25 minutes or until potatoes are just tender.

6 Scatter potatoes with gruyère; at 160°C, cook for a further 5 minutes or until cheese is golden.

7 Sprinkle gratin with salt flakes to serve.

Charred corn with smoky parmesan crust

PREP + COOK TIME 25 MINUTES **SERVES** 4

4 corn cobs (1kg) (see tip)
¼ cup (60ml) extra virgin olive oil
1 tsp smoked paprika
3 cloves garlic, crushed
½ cup (40g) finely grated parmesan
1 tbsp lime juice
***to serve:* sriracha (hot chilli sauce) and lime wedges**

1 Preheat a 7-litre air fryer to 200°C for 3 minutes.

2 Rub the corn cobs all over with 2 tbsp of the oil. Taking care, place the corn in the air fryer basket; at 200°C, cook for 15 minutes, turning occasionally, or until almost tender.

3 Meanwhile, combine paprika, garlic, ⅓ cup of the parmesan, the lime juice and remaining oil in a small bowl. Transfer corn to a plate and spread with parmesan mixture.

4 Taking care, return corn to the air fryer basket; at 200°C, cook a further 5 minutes or until tender.

5 Top corn with remaining parmesan and drizzle with sriracha; serve with lime wedges.

TIP *If you would like a rustic top to the corn, pull back the husks and tie with string before cooking.*

Stuffed eggplant with lentils

PREP + COOK TIME
50 MINUTES (+ STANDING)
SERVES 4

- **2 large eggplants (1kg), halved lengthways**
- **2 tsp table salt**
- **olive oil cooking spray**
- **1 tbsp extra virgin olive oil**
- **1 medium onion (150g), chopped finely**
- **2 cloves garlic, crushed**
- **1 tsp ground cumin**
- **1 tsp smoked paprika**
- **400g can brown lentils, drained, rinsed**
- **400g can cherry tomatoes**
- **¼ cup chopped oregano leaves**
- **100g fetta, crumbled**
- **⅓ cup (25g) finely grated parmesan**
- ***to serve:* extra oregano leaves**

1 Using a small, sharp knife, score the cut side of eggplant halves in a diamond pattern without cutting all the way through, then season with the salt. Place, cut-side down, on a wire rack for 30 minutes; rinse and pat dry with paper towel. Using a teaspoon, scoop out eggplant flesh, leaving a 1cm thick shell. Finely chop eggplant flesh. Spray eggplant shells with cooking spray.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, place eggplant shells, cut-side up, in the air fryer basket; at 180°C, cook for 12 minutes or until softened.

4 Meanwhile, heat oil in a large frying pan over medium-high heat; cook onion, stirring, for 5 minutes or until softened. Add garlic, cumin and paprika; cook, stirring, for 1 minute or until fragrant. Add eggplant flesh; cook, stirring occasionally, for 5 minutes or until tender. Add lentils and tomatoes; bring to a simmer. Stir in oregano, then season. Cool for 5 minutes. Stir half the fetta into lentil mixture.

5 Transfer eggplant shells to a plate; spoon lentil mixture into shells, then sprinkle with the parmesan and remaining fetta. Spray lightly with cooking spray.

6 Taking care, place stuffed eggplants in the air fryer basket; at 180°C, cook for 8 minutes or until browned lightly and tender.

7 Serve stuffed eggplants scattered with extra oregano leaves.

Asparagus with prosciutto & garlic butter

PREP + COOK TIME 15 MINUTES **SERVES** 4

24 asparagus spears (600g), trimmed
4 slices prosciutto (60g), halved lengthways
olive oil cooking spray
30g butter
1 clove garlic, crushed
2 tsp thyme leaves

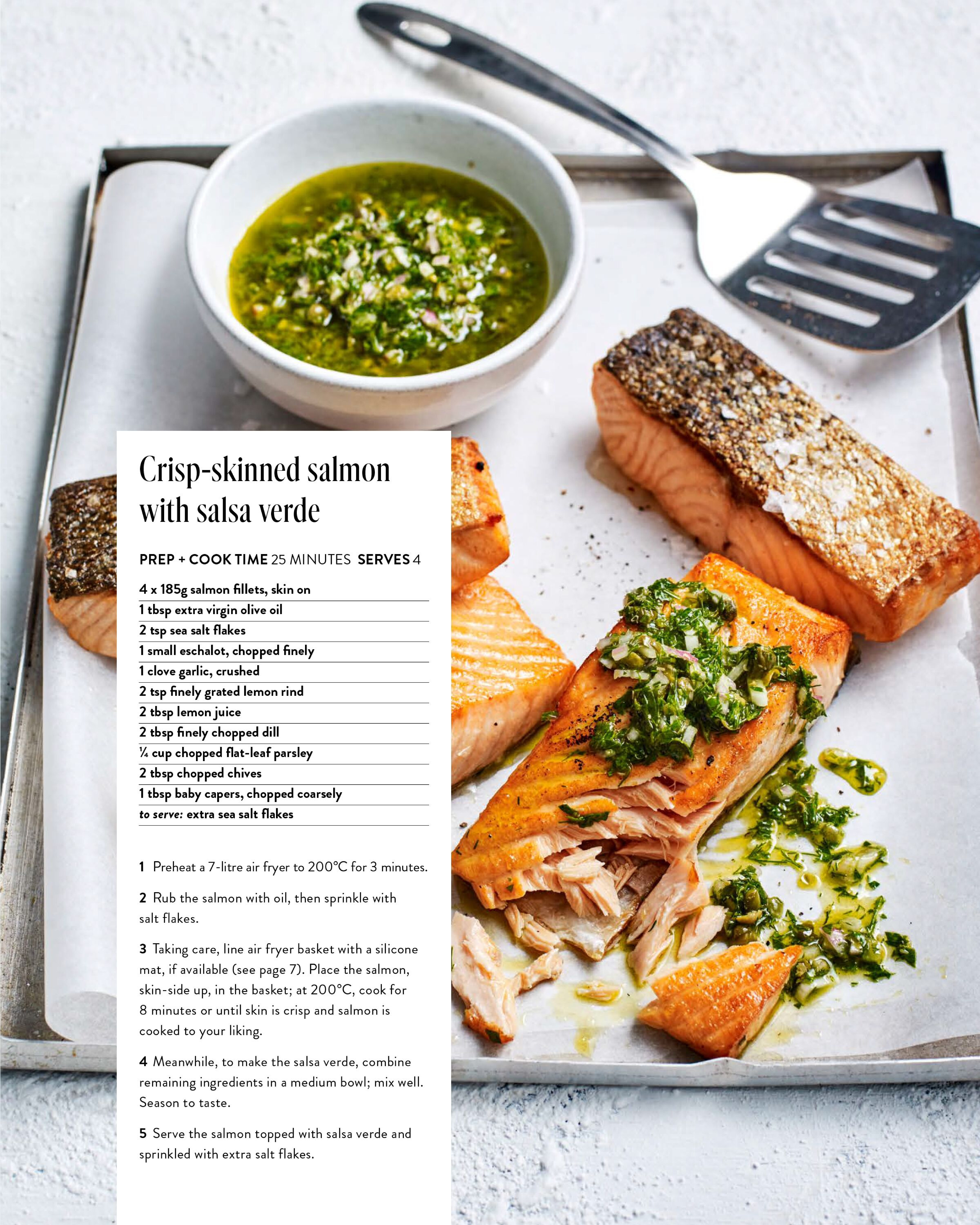
1 Preheat a 7-litre air fryer to 180°C for 3 minutes.

2 Group asparagus in bundles of three. Wrap a slice of prosciutto around each bundle to secure. Spray all over with cooking spray.

3 Taking care, place asparagus bundles in the air fryer basket; at 180°C, cook for 6 minutes, turning halfway through cooking time, or until prosciutto is golden and asparagus are tender.

4 Meanwhile, to make garlic butter, cook butter and garlic in a small frying pan over medium heat until melted; stir in thyme. Season to taste.

5 Serve the asparagus bundles drizzled with garlic butter.



Crisp-skinned salmon with salsa verde

PREP + COOK TIME 25 MINUTES **SERVES** 4

4 x 185g salmon fillets, skin on
1 tbsp extra virgin olive oil
2 tsp sea salt flakes
1 small eschalot, chopped finely
1 clove garlic, crushed
2 tsp finely grated lemon rind
2 tbsp lemon juice
2 tbsp finely chopped dill
¼ cup chopped flat-leaf parsley
2 tbsp chopped chives
1 tbsp baby capers, chopped coarsely
***to serve:* extra sea salt flakes**

1 Preheat a 7-litre air fryer to 200°C for 3 minutes.

2 Rub the salmon with oil, then sprinkle with salt flakes.

3 Taking care, line air fryer basket with a silicone mat, if available (see page 7). Place the salmon, skin-side up, in the basket; at 200°C, cook for 8 minutes or until skin is crisp and salmon is cooked to your liking.

4 Meanwhile, to make the salsa verde, combine remaining ingredients in a medium bowl; mix well. Season to taste.

5 Serve the salmon topped with salsa verde and sprinkled with extra salt flakes.

TIP

You could also make a red slaw by using red cabbage instead of savoy cabbage, if you like.

Fish tacos with white slaw

PREP + COOK TIME 40 MINUTES
SERVES 4

⅓ cup (100g) tartare sauce

1 tbsp cold water

⅓ cup chopped dill sprigs and stems

¼ cup (70g) Greek yoghurt

2 tbsp lemon juice

2 tbsp extra virgin olive oil

1 medium white onion (150g), sliced thinly

3 cups (240g) finely shredded savoy cabbage

½ cup (40g) fine polenta

1½ tbsp lemon pepper seasoning

1 egg

500g skinless barramundi fillets, cut lengthways into 2cm wide pieces

olive oil cooking spray

8 x 20cm corn and flour tortillas

200g cherry roma tomatoes, quartered

1 Combine tartare sauce with the cold water and 1 tbsp of the dill in a small bowl.

2 To make white slaw, combine yoghurt, lemon juice and oil in a large bowl. Add onion, cabbage and 2 tbsp of the remaining dill; toss gently to combine.

3 Combine polenta with seasoning in a shallow bowl. Beat egg in a second shallow bowl. Working with one piece of fish at a time, dip in egg, allowing excess to drip off, then coat in polenta mixture. Repeat with the remaining fish pieces, egg and polenta mixture. Spray generously all over with cooking spray.

4 Preheat a 7-litre air fryer to 180°C for 3 minutes.

5 Spray the air fryer basket with cooking spray. Taking care, place fish in a single layer in the basket; at 180°C, cook for 10 minutes or until just cooked through.

6 Meanwhile, heat tortillas following packet directions (or warm on a preheated chargrill pan for 30 seconds each side).

7 Cut fish into large chunks. To serve, fill tortillas with white slaw, fish, dill tartare sauce, tomatoes and remaining dill.

Cheeseburgers

PREP + COOK TIME 30 MINUTES
SERVES 4

- **500g beef mince**
- **1 egg**
- **¾ cup (75g) panko (Japanese) breadcrumbs**
- **2 tbsp barbecue sauce**
- **1 tsp smoked paprika**
- **1 clove garlic, crushed**
- **¼ cup (70g) low-sugar tomato sauce**
- **4 large brioche buns (400g)**
- **olive oil cooking spray**
- **4 slices cheddar**
- **4 centre-cut bacon rashers (140g)**
- **2 tbsp whole-egg mayonnaise**
- **4 baby cos lettuce leaves**
- **⅓ cup (40g) burger pickles**
- ***to serve:* sweet potato chips**

1 Using your hands, combine beef, egg, breadcrumbs, barbecue sauce, paprika, garlic and 1 tbsp of the tomato sauce in a large bowl, then season; mix well. Shape mixture into four patties the same size as the brioche buns; ensure they will all fit into the air fryer basket. Spray all over with cooking spray.

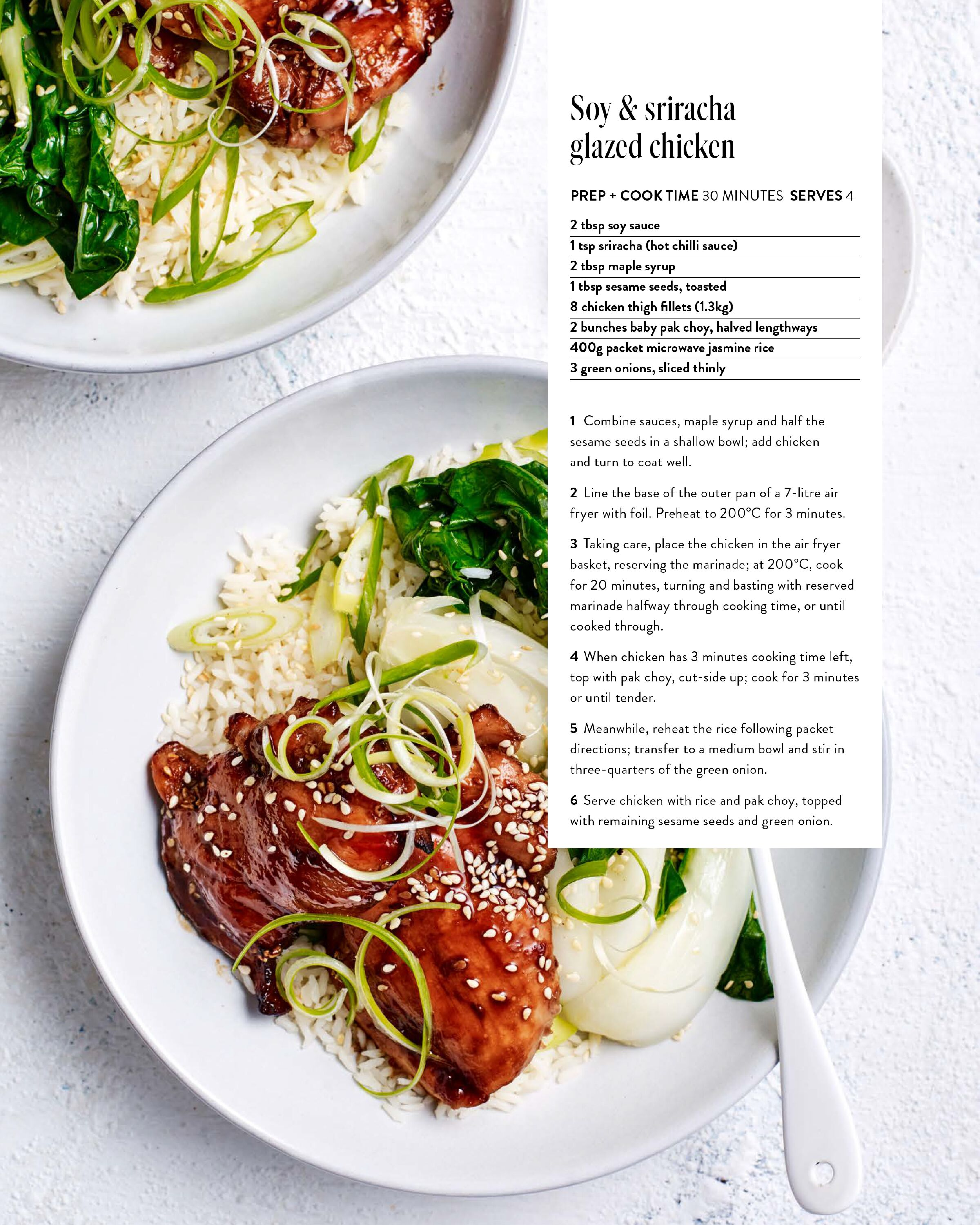
2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Spray the air fryer basket with cooking spray. Taking care, place the patties in the basket; at 180°C, cook for 10 minutes, turning halfway through cooking time, or until browned and cooked through. Transfer to a plate and top each with a slice of cheddar; cover loosely with foil to keep warm and slightly melt cheese.

4 Arrange bacon in the air fryer basket. Reset the temperature to 200°C; cook for 5 minutes or until crisp.

5 Split and toast brioche buns. Spread bun bases with mayonnaise, then top with lettuce, patties, bacon, pickles and remaining tomato sauce; sandwich together with bun tops.

6 Serve cheeseburgers with sweet potato chips.



Soy & sriracha glazed chicken

PREP + COOK TIME 30 MINUTES **SERVES** 4

2 tbsp soy sauce
1 tsp sriracha (hot chilli sauce)
2 tbsp maple syrup
1 tbsp sesame seeds, toasted
8 chicken thigh fillets (1.3kg)
2 bunches baby pak choy, halved lengthways
400g packet microwave jasmine rice
3 green onions, sliced thinly

1 Combine sauces, maple syrup and half the sesame seeds in a shallow bowl; add chicken and turn to coat well.

2 Line the base of the outer pan of a 7-litre air fryer with foil. Preheat to 200°C for 3 minutes.

3 Taking care, place the chicken in the air fryer basket, reserving the marinade; at 200°C, cook for 20 minutes, turning and basting with reserved marinade halfway through cooking time, or until cooked through.

4 When chicken has 3 minutes cooking time left, top with pak choy, cut-side up; cook for 3 minutes or until tender.

5 Meanwhile, reheat the rice following packet directions; transfer to a medium bowl and stir in three-quarters of the green onion.

6 Serve chicken with rice and pak choy, topped with remaining sesame seeds and green onion.

Pumpkin with sage & fetta

PREP + COOK TIME 40 MINUTES **SERVES** 4

800g Kent pumpkin, unpeeled, cut into 1.5cm wedges

2 tbsp extra virgin olive oil

1 bunch sage, leaves picked

60g fetta, crumbled

⅓ cup (35g) walnut halves, roasted, chopped coarsely

***to serve:* balsamic vinegar and extra virgin olive oil**

1 Preheat a 7-litre air fryer to 200°C for 3 minutes.

2 Place pumpkin and oil in a large bowl, then season. Using your fingers, massage the oil into each pumpkin wedge.

3 Taking care, place pumpkin upright in the air fryer basket; reserve the bowl with remaining oil. At 200°C, cook for 25 minutes, turning a number of times during cooking, or until tender.

4 Meanwhile, place sage leaves in reserved bowl and rub with remaining oil. Place sage in air fryer basket around pumpkin pieces for last 5 minutes of pumpkin cooking time.

5 Top pumpkin with sage, fetta and walnuts; serve drizzled with balsamic vinegar and a little extra olive oil. Season to taste.

Southern fried chicken

PREP + COOK TIME
40 MINUTES (+ REFRIGERATION)
SERVES 4

1.6kg whole chicken (see tip)
1 cup (250ml) buttermilk
1 egg, beaten lightly
1¼ cups (185g) plain flour
2 tsp smoked paprika
1 tsp garlic powder
1 tsp onion flakes
1 tsp dried oregano
1 tsp sea salt flakes
1 tsp ground cumin
½ tsp chilli powder
olive oil cooking spray
***to serve:* extra sea salt flakes, mayonnaise and hot sauce**

1 Using a sharp knife, cut chicken into eight pieces. Make two deep slits (to the bone) through the thickest part of the meat in each chicken piece.

2 Combine the buttermilk and egg in a large bowl, then season; add chicken and turn to coat. Cover bowl. Refrigerate for 6 hours or overnight.

3 Combine flour, paprika, garlic powder, onion flakes, oregano, salt, cumin and chilli powder in a large bowl, then season.

4 Working with one piece of chicken at a time, drain the excess buttermilk mixture from chicken, then roll in flour mixture to coat. Repeat with remaining chicken and flour mixture. Spray generously all over with cooking spray.

5 Preheat a 7-litre air fryer to 200°C for 3 minutes.

6 Taking care, line air fryer basket with a silicone mat, if available (see page 7). Place chicken in basket; at 200°C, cook 10 minutes. Turn chicken over.

7 Reset temperature to 180°C; cook chicken a further 10 minutes or until crisp and cooked through. (The breast pieces may cook a little quicker than the thighs and legs.)

8 Sprinkle chicken with extra salt flakes and serve with mayonnaise swirled with hot sauce.

TIP *You could also use 1.6kg chicken pieces on the bone; you may need to adjust the cooking time depending on the pieces.*

Sausage & vegie tray bake

PREP + COOK TIME 45 MINUTES **SERVES** 4

1 red onion, cut into wedges
1 medium red capsicum (200g), cut into thick strips
1 medium yellow capsicum (200g), cut into thick strips
400g Kent pumpkin, skin on, cut into 1cm wedges
olive oil cooking spray
8 thick pork and fennel sausages
1 cup (260g) basil pesto
1 tbsp extra virgin olive oil

1 Preheat an 11-litre air fryer to 200°C for 3 minutes.

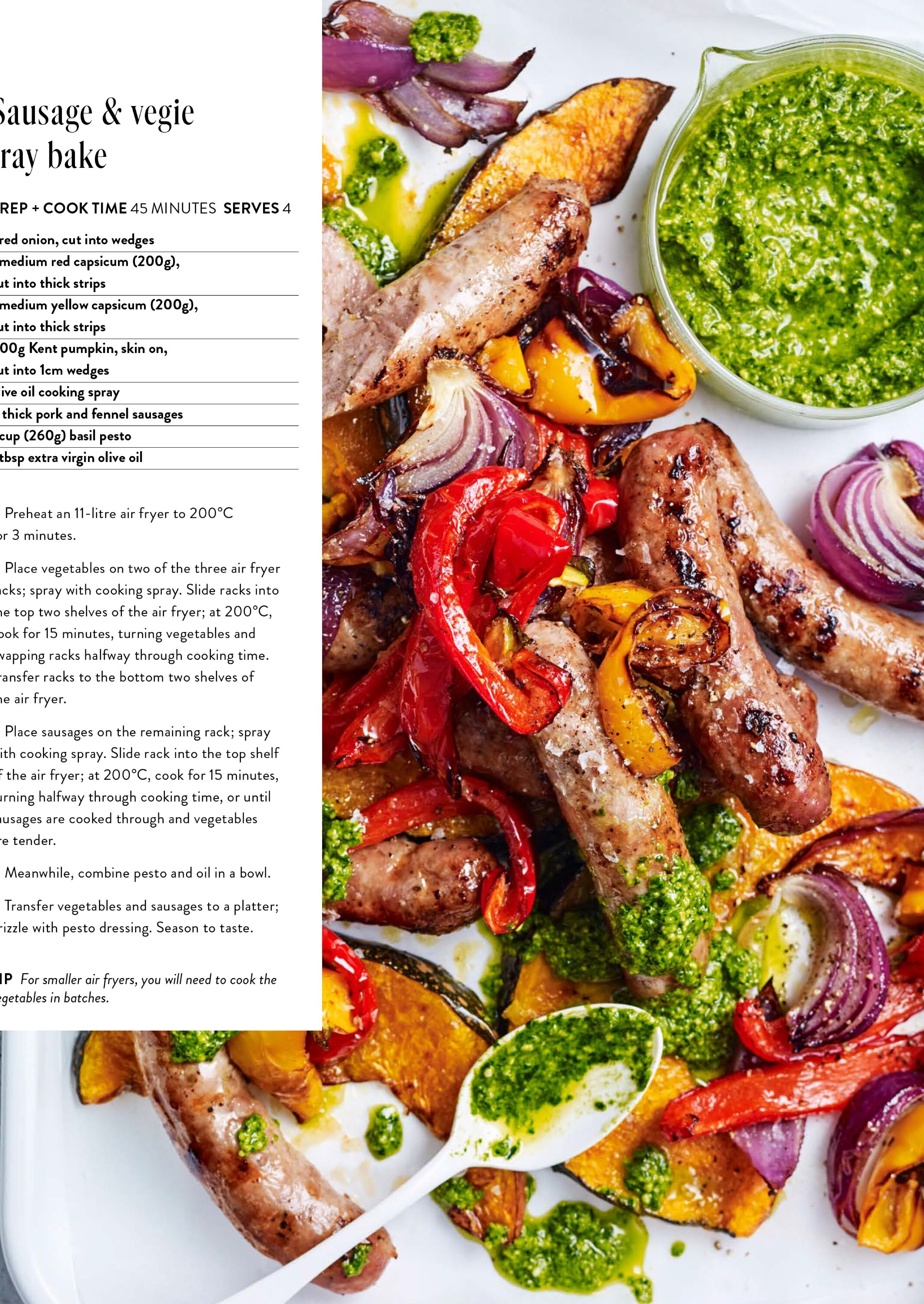
2 Place vegetables on two of the three air fryer racks; spray with cooking spray. Slide racks into the top two shelves of the air fryer; at 200°C, cook for 15 minutes, turning vegetables and swapping racks halfway through cooking time. Transfer racks to the bottom two shelves of the air fryer.

3 Place sausages on the remaining rack; spray with cooking spray. Slide rack into the top shelf of the air fryer; at 200°C, cook for 15 minutes, turning halfway through cooking time, or until sausages are cooked through and vegetables are tender.

4 Meanwhile, combine pesto and oil in a bowl.

5 Transfer vegetables and sausages to a platter; drizzle with pesto dressing. Season to taste.

TIP *For smaller air fryers, you will need to cook the vegetables in batches.*



Red curry fish cakes

PREP + COOK TIME 25 MINUTES **SERVES** 4

- **500g skinless boneless firm white fish fillets, chopped**
- **2 tbsp Thai red curry paste**
- **1 tsp finely grated lime rind**
- **1 tbsp lime juice**
- **1 tbsp fish sauce**
- **2 green onions, sliced thinly**
- **2 tbsp finely chopped coriander**
- **olive oil cooking spray**
- ***to serve:* extra chopped coriander, mixed green salad, lime wedges and sweet chilli sauce**

1 Process fish, curry paste, lime rind and juice, and fish sauce in a food processor until mixture forms a smooth paste; stir in green onion and coriander. With damp hands, shape mixture into 12 patties. Spray generously all over with olive oil cooking spray.

2 Preheat a 7-litre air fryer to 200°C for 3 minutes.

3 Taking care, place fish cakes in the air fryer basket; at 200°C, cook for 8 minutes, turning halfway through cooking time, or until golden and cooked through.

4 Top fish cakes with extra chopped coriander; serve with a mixed green salad, lime wedges and sweet chilli sauce for dipping.

Beef skewers with garlic tzatziki

PREP + COOK TIME 30 MINUTES
SERVES 4

You will need 8 x 22cm metal skewers for this recipe.

1 tbsp finely grated lemon rind

2 tbsp lemon juice

1 tsp dried oregano

1 tbsp extra virgin olive oil

3 cloves garlic, crushed

500g beef scotch fillet, cut into 2.5cm pieces

1 medium red capsicum (200g), cut into 3cm pieces

1 medium yellow capsicum (200g), cut into 3cm pieces

220g tub tzatziki (see tips)

***to serve:* salad leaves and lemon cheeks**

1 Combine lemon rind and juice, oregano, oil and two-thirds of the garlic in a shallow dish; add beef and toss to coat. Thread beef and both capsicums, alternately, onto skewers.

2 Preheat a 7-litre air fryer to 200°C for 3 minutes.

3 Taking care, place skewers in the air fryer basket; at 200°C, cook for 8 minutes, turning halfway through cooking time, for medium or until cooked to your liking.

4 Meanwhile, stir remaining garlic into tzatziki in the tub; transfer to a serving bowl.

5 Place skewers on a platter; serve with tzatziki, salad leaves, and lemon cheeks.

TIPS *If you are using a smaller air fryer, you will need to cook the skewers in batches. For homemade tzatziki, coarsely grate ½ small Lebanese cucumber and squeeze out the excess liquid; combine in a bowl with ¾ cup (210g) Greek yoghurt and ½ clove crushed garlic, then season.*

Lemon & herb pork schnitzels

PREP + COOK TIME
40 MINUTES (+ REFRIGERATION)
SERVES 4

- **½ cup (75g) plain flour**
- **2 eggs**
- **⅓ cup (80ml) milk**
- **2 cloves garlic, crushed**
- **2 cups (150g) fresh breadcrumbs**
- **⅓ cup (25g) finely grated parmesan**
- **¼ cup chopped chives**
- **1 tbsp finely chopped lemon thyme**
- **2 tsp finely grated lemon rind**
- **500g thin pork leg steaks**
- **olive oil cooking spray**
- ***to serve:* extra lemon thyme, sea salt flakes, aïoli, chips and lemon wedges**

1 Place flour in a shallow bowl. Lightly beat eggs, milk and garlic in a second shallow bowl. Combine breadcrumbs, parmesan, chives, thyme and lemon rind in a third shallow bowl. Dust pork in flour, shaking off excess, dip in egg mixture, then coat in breadcrumb mixture. Place schnitzels on a plate. Refrigerate for 30 minutes.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Spray schnitzels generously on both sides with cooking spray. Taking care, place half the schnitzels in air fryer basket; at 180°C, cook for 10 minutes, turning halfway through cooking time, or until golden and cooked through. Transfer to a plate; cover loosely with foil to keep warm. Repeat cooking with remaining schnitzels.

4 Sprinkle schnitzels with extra thyme and salt flakes. Serve with aïoli, chips and lemon wedges.

NEW IDEAS

Spicy satay pork ribs

PREP + COOK TIME 1 HOUR 40 MINUTES (+ REFRIGERATION)
SERVES 4

2kg American-style pork ribs

2 cloves garlic, crushed

1 tsp finely grated ginger

¼ cup (95g) crunchy peanut butter

1 tbsp sriracha (hot chilli sauce)

1 tbsp soy sauce

2 tsp fish sauce

1 tbsp brown sugar

2 tsp sesame oil

2 tbsp lime juice

½ cup (125ml) coconut cream

cooking oil spray

2 Lebanese cucumbers, halved lengthways, seeded, sliced thinly

2 long red chillies, chopped finely

***to serve:* lime wedges and steamed jasmine rice**

1 Using a small, sharp knife, remove the layer of membrane from the back of the ribs (or ask the butcher to do this for you). Place ribs in a large saucepan and cover well with water; bring to the boil over medium heat. Reduce heat; simmer for 45 minutes or until almost tender.

2 Meanwhile, to make marinade, place garlic, ginger, peanut butter, sauces, sugar, oil and half the lime juice in a blender or small food processor; blend until smooth. Add coconut cream; blend until combined. Transfer to a large non-metallic dish. Drain ribs; add to marinade and turn to coat well. Cover dish. Refrigerate for 2 hours.

3 Preheat a 7-litre air fryer to 180°C for 3 minutes.

4 Spray the air fryer basket with cooking spray. Remove ribs from the marinade, scraping off any that has solidified; reserve remaining marinade. Taking care, arrange ribs in the basket, standing them up and leaning them against the side of the basket and one another. Reset the temperature to 160°C; cook for 20 minutes.

5 Brush ribs with one-third of the reserved marinade; at 160°C, cook for a further 10 minutes or until tender and glazed.

6 Meanwhile, combine cucumber, chilli and remaining lime juice in a small bowl, then season; stand for 10 minutes.

7 To make peanut sauce, place remaining reserved marinade and 2 tbsp water in a small saucepan over medium-high heat; bring to the boil. Reduce heat; simmer for 4 minutes or until sauce is thickened slightly.

8 Cut ribs into serving-sized pieces and place on a large platter; spoon a little peanut sauce over the ribs. Serve with remaining peanut sauce, cucumber mixture, lime wedges and rice.

SWAP

Use ¼ cup (65g) bottled basil or sundried tomato pesto instead of making your own.

Cheesy pesto scrolls

PREP + COOK TIME
50 MINUTES (+ FREEZING)
MAKES 12

1 cup firmly packed basil leaves
1 clove garlic, chopped
2 tbsp pine nuts, toasted
2 tbsp finely grated parmesan
¼ cup (60ml) extra virgin olive oil
1 tbsp lemon juice
2 cups (300g) self-raising flour
1 tsp fine salt
1 tbsp caster sugar
50g cold butter, chopped coarsely
¾ cup (180ml) milk, approximately
1 cup (120g) grated pizza cheese

1 Process basil, garlic, pine nuts and parmesan in a food processor until chopped finely. With the motor operating, gradually add the combined oil and lemon juice until pesto is almost smooth. Season.

2 Sift flour and salt into a medium bowl; stir in sugar. Using your fingers, rub in butter. Using a flat-bladed knife, gently stir in enough milk to form a soft, sticky dough. Turn dough out onto a lightly floured sheet of baking paper; knead lightly until smooth. Sprinkle paper with more flour, if necessary, then roll dough out into a 30cm x 40cm rectangle.

3 Spread dough evenly with the pesto; scatter over pizza cheese. Roll dough up tightly from a long side to form a log; place log in the freezer for 10 minutes to firm slightly.

4 Preheat a 7-litre air fryer to 160°C for 5 minutes.

5 Using a serrated knife, trim ends off log, then cut into 12 slices.

6 Taking care, line air fryer basket with baking paper. Place scrolls, cut-side up, in the basket, then cover basket tightly with foil; at 160°C, cook for 10 minutes. Remove foil; cook for a further 10 minutes or until golden and cooked through.

7 Serve scrolls warm or cold.

Carrot, thyme & parmesan rösti

PREP + COOK TIME 35 MINUTES
SERVES 4 (MAKES 8)

2 medium carrots (240g), grated coarsely
1 medium starchy potato (200g), grated coarsely
½ small onion (40g), grated coarsely
2 eggs, beaten lightly
⅓ cup (25g) finely grated parmesan
1 tbsp cornflour
1 tbsp finely chopped thyme leaves
1 clove garlic, crushed
olive oil cooking spray
***to serve:* sea salt flakes and sour cream**

1 Preheat a 7-litre air fryer to 200°C for 3 minutes.

2 Combine carrot, potato, onion, egg, parmesan, cornflour, thyme and garlic in a large bowl, then season; mix well to combine. Shape carrot mixture into eight 1cm thick round rösti, pressing each firmly between your hands to compact. Spray all over with cooking spray.

3 Spray the air fryer basket with cooking spray. Taking care, place rösti in the basket. Reset temperature to 180°C; cook for 14 minutes, turning halfway through cooking time, or until golden and tender.

4 Sprinkle rösti with salt flakes. Serve with sour cream and extra thyme, if you like.

Maple-bacon wrapped mini meatloaves

PREP + COOK TIME 40 MINUTES **SERVES** 4

½ small onion (40g), grated finely
⅓ cup finely chopped flat-leaf parsley
2 cloves garlic, crushed
½ cup (50g) packaged breadcrumbs
1 egg, beaten lightly
¼ cup (70g) low-sugar tomato sauce
1 tbsp Worcestershire sauce
500g beef mince
1 tbsp chopped thyme leaves
4 rindless bacon rashers (250g)
½ tbsp maple syrup
***to serve:* extra low-sugar tomato sauce**

1 Preheat a 7-litre air fryer to 180°C for 3 minutes.

2 Combine onion, parsley, garlic, breadcrumbs, egg, sauces and beef in a large bowl, then season; mix well to combine. Divide mixture into four even portions and shape each into a small loaf. Sprinkle with thyme, then wrap in bacon.

3 Taking care, place meatloaves, top-side down, in air fryer basket; at 180°C, cook for 20 minutes, turning halfway through cooking time. Brush tops with maple syrup during last 5 minutes of cooking.

4 Serve meatloaves with extra tomato sauce.

Cheat's sausage cassoulet

PREP + COOK TIME 40 MINUTES
SERVES 4

500g thick pork sausages
olive oil cooking spray
1 tbsp extra virgin olive oil
1 medium onion (150g), chopped finely
2 bacon rashers (160g), sliced thinly
2 cloves garlic, crushed
1 medium red capsicum (200g), chopped coarsely
1 medium zucchini (120g), chopped coarsely
250g baby roma tomatoes
½ cup (125ml) dry red wine
1½ cups (390g) tomato pasta sauce
3 sprigs thyme
400g can butter beans, drained, rinsed
1½ cups (105g) coarse fresh sourdough breadcrumbs
⅓ cup (25g) grated gruyère cheese
⅓ cup chopped flat-leaf parsley
***to serve:* sea salt flakes**

1 Preheat a 7-litre air fryer to 200°C for 3 minutes.

2 Spray the sausages with cooking spray. Taking care, place the sausages in the air fryer basket; at 200°C, cook for 8 minutes, turning halfway through cooking time, or until browned.

3 Meanwhile, heat oil in a large frying pan over medium-high heat; cook onion and bacon, stirring, for 5 minutes or until onion is softened and bacon is crisp. Add garlic, capsicum and zucchini; cook, stirring, for 4 minutes or until vegetables are browned lightly. Add tomatoes and wine; bring to the boil. Add pasta sauce and thyme; return to the boil.

4 Transfer sausages to a board and chop coarsely; add to tomato mixture with butter beans. Transfer the mixture to a deep 20cm round ovenproof dish. Taking care, wipe the air fryer basket clean; place the dish in the basket. Reset the temperature to 180°C; cook cassoulet for 8 minutes.

5 Meanwhile, combine the breadcrumbs, gruyère and parsley in a small bowl.

6 Top cassoulet with breadcrumb mixture, spray with cooking spray; taking care, press crumbs down firmly. At 180°C, cook for 5 minutes or until breadcrumbs are golden.

7 Sprinkle cassoulet with salt flakes to serve.

Crisp gnocchi with creamy pesto dipping sauce

PREP + COOK TIME 30 MINUTES **SERVES** 6

500g packet refrigerated ready-made potato gnocchi
1 tbsp extra virgin olive oil
1 tsp garlic salt
***to serve:* sea salt flakes and basil leaves (optional)**

CREAMY PESTO DIPPING SAUCE

½ cup firmly packed basil leaves
2 tbsp pine nuts, toasted
2 tbsp finely grated parmesan
1 clove garlic, crushed
⅓ cup (80g) sour cream

1 Cook gnocchi in a large saucepan of boiling water, following packet instructions, or until tender; drain well. Spread gnocchi out over a tray to air dry.

2 Meanwhile, to make creamy pesto dipping sauce, process basil, pine nuts, parmesan and garlic in a small food processor until chopped finely. Add sour cream; process until smooth. Season to taste.

3 Preheat a 7-litre air fryer to 200°C for 3 minutes.

4 Place gnocchi, oil and garlic salt in a large bowl; toss to coat the gnocchi in oil mixture.

5 Taking care, place gnocchi in a single layer in the air fryer basket; at 200°C, cook for 10 minutes, shaking basket halfway through cooking time, or until crisp and golden.

6 Sprinkle gnocchi with salt flakes and scatter with basil leaves, if you like; serve with creamy pesto dipping sauce.

Fried cauliflower with sumac & garlic yoghurt

PREP + COOK TIME 30 MINUTES **SERVES** 4

⅓ cup (50g) plain flour
3 eggs
1½ cups (110g) panko (Japanese) breadcrumbs
2 tsp ground cumin
1 tsp garlic salt
¼ cup finely chopped coriander
½ medium cauliflower (750g), cut into small florets
olive oil cooking spray
1 cup (280g) Greek yoghurt
1 tsp ground sumac
2 cloves garlic, crushed
***to serve:* sea salt flakes**

1 Place flour in a shallow bowl. Lightly beat eggs in a second shallow bowl. Combine the breadcrumbs, cumin, garlic salt and half the coriander in a third shallow bowl. Dust cauliflower florets in flour, shaking off excess, dip in egg, then coat in breadcrumb mixture. Spray generously all over with cooking spray.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, line air fryer basket with a silicone mat, if available (see page 7). Place cauliflower in the basket; at 180°C, cook for 12 minutes, turning halfway through cooking time, or until golden and tender.

4 Meanwhile, to make sumac and garlic yoghurt, combine yoghurt, sumac, garlic and the remaining coriander in a small bowl, then season.

5 Sprinkle cauliflower with salt flakes and serve with sumac and garlic yoghurt.

Coconut prawns with honey sauce

PREP + COOK TIME
40 MINUTES (+ REFRIGERATION)
SERVES 4

½ cup (75g) plain flour

2 eggs

1½ cups (115g) shredded coconut

1 cup (75g) panko (Japanese) breadcrumbs

600g peeled uncooked prawns, tails intact

olive oil cooking spray

***to serve:* steamed jasmine rice and steamed halved buk choy**

HONEY SAUCE

⅓ cup (120g) honey

1 tbsp lemon juice

1 tbsp soy sauce

1 tsp finely grated ginger

1 clove garlic, crushed

½ tsp Chinese five spice powder

2 tsp cornflour

1 Place flour in a shallow bowl. Lightly whisk the eggs in a second shallow bowl. Combine coconut and breadcrumbs in a third shallow bowl. Dust prawns in flour, shaking off excess, dip in egg, then coat in coconut mixture. Place prawns on a tray. Refrigerate for 30 minutes.

2 Meanwhile, make honey sauce: Combine honey, lemon juice, soy sauce, ginger, garlic and the five spice in a small saucepan over medium heat; cook, stirring, for 2 minutes or until honey is melted. Bring to the boil. Blend cornflour and 1 tbsp water in a small cup. Whisk cornflour mixture into sauce; cook, stirring, for 2 minutes or until the sauce is thickened slightly. Remove pan from heat; cover to keep warm.

3 Preheat a 7-litre air fryer to 200°C for 3 minutes.

4 Spray the prawns generously all over with cooking spray. Taking care, place half the prawns in a single layer in the air fryer basket; at 200°C, cook for 6 minutes, turning halfway through cooking time, or until golden and just cooked through. Transfer to a plate; cover loosely with foil to keep warm. Repeat cooking with remaining prawns.

5 To serve, divide steamed rice, steamed buk choy and prawns among plates; drizzle with the honey sauce.

Butterflied harissa chicken with orange & couscous

PREP + COOK TIME 1 HOUR
(+ REFRIGERATION & STANDING)
SERVES 4

1.4kg whole chicken
2 cloves garlic, crushed
2 tbsp lemon juice
2 tsp sweet paprika
1 tbsp harissa paste (see tip)
2 tbsp extra virgin olive oil
olive oil cooking spray
1 cup (200g) couscous
1 cup (250ml) boiling water
½ cup coriander leaves
2 medium oranges (480g), peeled, sliced thinly
***to serve:* Greek yoghurt and sea salt flakes**

1 Place the chicken, breast-side down, on a board. Using poultry shears, cut down both sides of the backbone and discard. Open out the chicken, turn over and press down on the breastbone with the heel of your hand to flatten.

2 Combine garlic, lemon juice, paprika, harissa and oil in a large shallow dish; add chicken and turn to coat in marinade. Cover dish. Refrigerate for at least 2 hours or overnight.

3 Preheat a 7-litre air fryer to 180°C for 5 minutes.

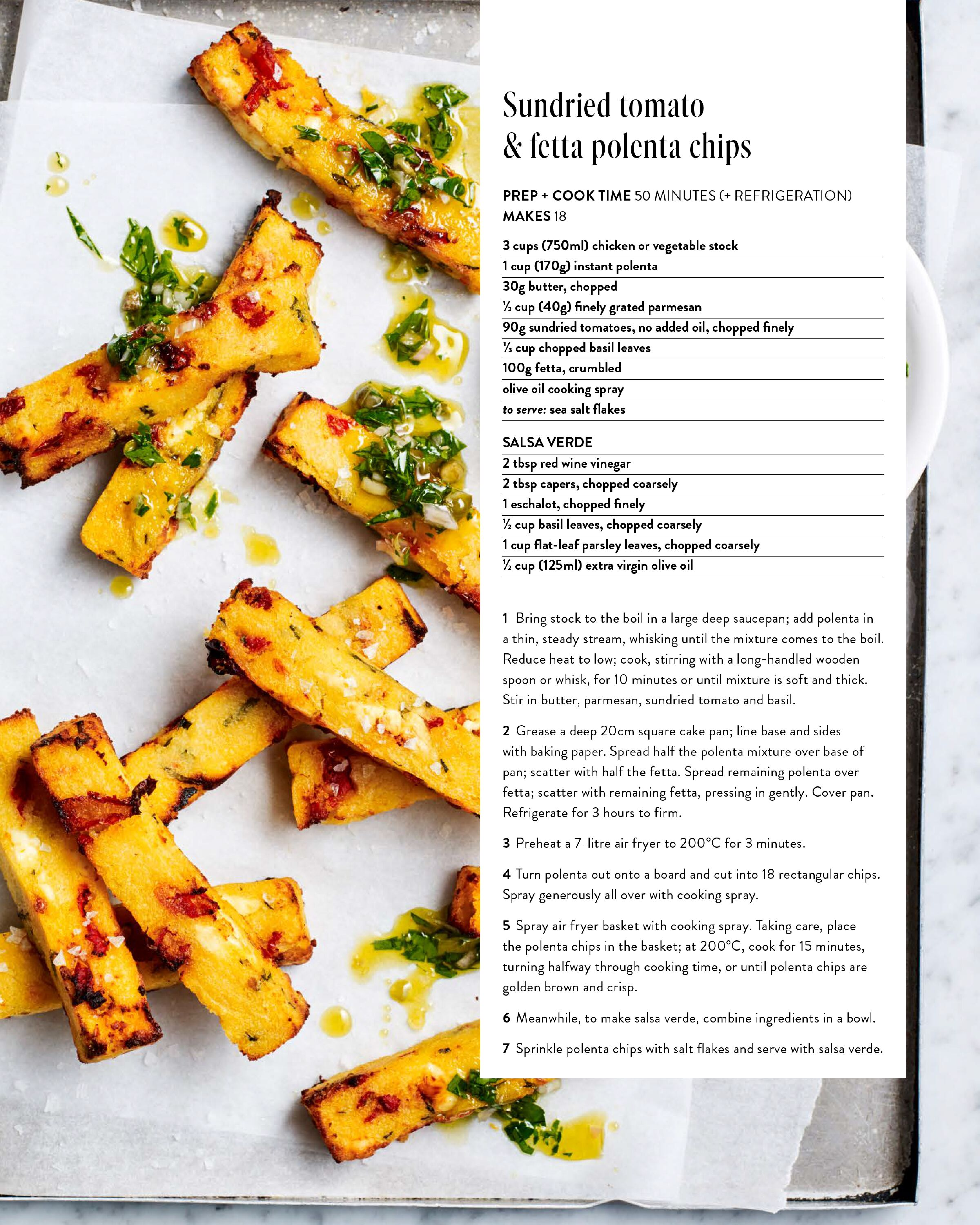
4 Spray the air fryer basket with cooking spray. Taking care, place chicken, skin-side up, in the basket, then cover loosely with foil; at 180°C, cook for 20 minutes. Remove foil; cook for a further 20 minutes or until juices run clear when a skewer is inserted into the thickest part of a thigh. Transfer to a dish; cover with foil and rest for 10 minutes.

5 Meanwhile, combine couscous and the boiling water in a large heatproof bowl; cover, stand 5 minutes or until liquid is absorbed. Fluff couscous with a fork; stir in coriander and season to taste.

6 Serve the chicken with couscous, orange slices and yoghurt; drizzle with any cooking juices from the bottom of the air fryer pan and sprinkle with salt flakes.

TIP

Harissa brands can vary in heat, so use according to taste.



Sundried tomato & fetta polenta chips

PREP + COOK TIME 50 MINUTES (+ REFRIGERATION)
MAKES 18

3 cups (750ml) chicken or vegetable stock
1 cup (170g) instant polenta
30g butter, chopped
½ cup (40g) finely grated parmesan
90g sundried tomatoes, no added oil, chopped finely
⅓ cup chopped basil leaves
100g fetta, crumbled
olive oil cooking spray
***to serve:* sea salt flakes**

SALSA VERDE

2 tbsp red wine vinegar
2 tbsp capers, chopped coarsely
1 eschalot, chopped finely
½ cup basil leaves, chopped coarsely
1 cup flat-leaf parsley leaves, chopped coarsely
½ cup (125ml) extra virgin olive oil

1 Bring stock to the boil in a large deep saucepan; add polenta in a thin, steady stream, whisking until the mixture comes to the boil. Reduce heat to low; cook, stirring with a long-handled wooden spoon or whisk, for 10 minutes or until mixture is soft and thick. Stir in butter, parmesan, sundried tomato and basil.

2 Grease a deep 20cm square cake pan; line base and sides with baking paper. Spread half the polenta mixture over base of pan; scatter with half the fetta. Spread remaining polenta over fetta; scatter with remaining fetta, pressing in gently. Cover pan. Refrigerate for 3 hours to firm.

3 Preheat a 7-litre air fryer to 200°C for 3 minutes.

4 Turn polenta out onto a board and cut into 18 rectangular chips. Spray generously all over with cooking spray.

5 Spray air fryer basket with cooking spray. Taking care, place the polenta chips in the basket; at 200°C, cook for 15 minutes, turning halfway through cooking time, or until polenta chips are golden brown and crisp.

6 Meanwhile, to make salsa verde, combine ingredients in a bowl.

7 Sprinkle polenta chips with salt flakes and serve with salsa verde.

Chicken chimichangas with avocado salsa

PREP + COOK TIME 45 MINUTES **SERVES** 4

3 cups (480g) shredded cooked chicken

30g packet taco seasoning

1 cup (120g) coarsely grated cheddar

200g jar taco sauce

4 x 20cm flour tortillas, warmed slightly

olive oil cooking spray

1 medium avocado (250g), chopped

1 medium tomato (150g), chopped

½ small red onion (50g), chopped finely

2 tbsp finely chopped coriander

1 tbsp lime juice

1 tbsp extra virgin olive oil

2 baby gem lettuce, torn

1 Combine chicken, seasoning, cheddar and ⅓ cup taco sauce in a bowl, then season. Divide chicken mixture among tortillas, placing along the centre of each one; flatten chicken mixture slightly and shape into a rectangle. Fold in ends of tortillas, then roll up to enclose filling. Spray all over with cooking spray.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, place chimichangas in the air fryer basket, seam-side down; at 180°C, cook for 12 minutes, turning halfway through cooking time, or until chimichangas are golden and filling is hot.

4 Meanwhile, to make avocado salsa, combine avocado, tomato, onion, coriander, lime juice and oil in a bowl, then season to taste.

5 Divide chimichangas, lettuce and avocado salsa among serving plates. Drizzle the chimichangas with remaining taco sauce to serve.

Spiced prawn po'boys

PREP + COOK TIME 35 MINUTES **SERVES** 4

2 eggs
¾ cup (55g) panko (Japanese) breadcrumbs
1 tbsp Cajun seasoning
16 uncooked prawns, peeled, deveined
olive oil cooking spray
1 long baguette
⅓ cup (100g) mayonnaise
1 baby cos lettuce (180g), leaves separated
2 medium tomatoes (300g), sliced thinly
3 gherkins, cut into rounds
***to serve:* extra mayonnaise, chopped chives and extra gherkins**

1 Lightly beat eggs and 1 tbsp water in a shallow bowl. Combine breadcrumbs and seasoning in a second shallow bowl. Dip prawns in egg, then coat in breadcrumb mixture. Spray generously all over with cooking spray.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, place the prawns in a single layer in the air fryer basket; at 180°C, cook for 6 minutes, turning halfway through cooking time, or until prawns are golden brown and cooked through.

4 Trim ends from baguette and discard; cut into four even pieces, then split horizontally, being careful not to cut all the way through. Spread bases with mayonnaise, then fill with lettuce, tomatoes, gherkins and prawns. Drizzle with extra mayonnaise and sprinkle with chopped chives; season. Serve with extra gherkins.

Mozzarella mushroom burgers

PREP + COOK TIME 25 MINUTES **SERVES** 4

8 portobello mushrooms (400g)
1 tbsp balsamic vinegar
1 tbsp extra virgin olive oil
4 large brioche buns (400g), split
¼ cup (75g) aïoli
40g mixed salad leaves
1 large tomato (220g), sliced thinly
125g fresh mozzarella ball, cut into 4 slices
⅓ cup (90g) basil pesto
***to serve:* shoestring fries and low-sugar tomato sauce**

1 Place mushrooms, vinegar and oil in a medium bowl; toss to coat. Season.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, place the mushrooms in air fryer basket; at 180°C, cook for 12 minutes, turning halfway through cooking time, or until tender.

4 Spread bun bases with aïoli, then top with salad leaves, tomato, mozzarella, mushrooms and pesto; sandwich together with bun tops.

5 Serve mushroom burgers with shoestring fries and tomato sauce.

Asian-style whole snappers

PREP + COOK TIME 45 MINUTES
SERVES 4

2 x 600g whole snappers, cleaned

2 cloves garlic, sliced thinly

1 stalk lemongrass, chopped coarsely

1 lime, sliced thinly

5cm piece ginger, peeled, julienned

2 tbsp kecap manis (sweet soy sauce)

2 tbsp sweet chilli sauce

2 tbsp lime juice

1 tbsp fish sauce

1 tbsp sesame oil

olive oil cooking spray

3 green onions, sliced thinly

½ cup coriander sprigs

100g snow peas, sliced thinly, blanched (see tip)

***to serve:* lime cheeks**

1 Rinse fish under cold running water, then pat dry with paper towel. Place each fish on a large piece of greased foil. Using a sharp knife, cut three shallow slits on each side of the fish.

2 Divide the garlic, lemongrass, lime slices and three-quarters of the ginger between the cavities of fish. Combine kecap manis, sweet chilli sauce, lime juice, fish sauce and sesame oil in a jug. Slightly mould edges of the foil upwards to prevent leaking, then pour half the sauce mixture over fish; reserve remaining sauce mixture for serving. Fold foil over fish to seal and form parcels.

3 Preheat a 7-litre air fryer to 200°C for 3 minutes.

4 Taking care, place the fish side by side in the air fryer basket; at 200°C, cook for 10 minutes.

5 Unwrap foil to expose the top side of fish; spray with cooking spray. Reset the temperature to 180°C; cook a further 10 minutes or until cooked through.

6 Meanwhile, combine the green onion, coriander, snow peas and remaining ginger in a bowl.

7 Transfer fish to a large platter, drizzle with remaining sauce mixture and top with green onion mixture; serve with lime cheeks.

TIP *To blanch snow peas, place in a heatproof bowl, cover with boiling water and stir until bright green; drain immediately, then cool under cold running water.*

Vegie mac ‘n’ cheese croquettes

PREP + COOK TIME
50 MINUTES (+ REFRIGERATION)
SERVES 4

1⅓ cups (240g) macaroni
1 medium zucchini (120g), chopped finely
1 cup (140g) frozen peas and corn
50g butter
1⅓ cups (200g) plain flour
2 cups (500ml) milk
1 tsp Dijon mustard
2 green onions, sliced thinly
1 small red capsicum (150g), chopped finely
1 cup (100g) grated pizza cheese
2 eggs
2 cups (150g) panko (Japanese) breadcrumbs
¼ cup finely chopped chives
olive oil cooking spray
***to serve:* sea salt flakes and tomato chutney**

1 Grease a 20cm x 30cm slice pan; line base and sides with baking paper, extending the paper 5cm over edges.

2 Cook pasta in a large saucepan of boiling salted water following packet directions, adding zucchini and frozen peas and corn for the last 3 minutes of cooking time; drain well. Return pasta and vegetables to pan.

3 Meanwhile, to make cheese sauce, melt butter in a medium saucepan over medium-high heat. Add ⅓ cup (50g) of the flour; cook, stirring, for 2 minutes or until mixture is bubbling. Gradually stir in milk; cook, stirring, for 5 minutes or until sauce boils and thickens. Remove pan from heat; stir in mustard, green onion, capsicum and cheese until cheese is melted.

4 Pour the cheese sauce over pasta and vegetables in pan; stir to combine. Spoon pasta mixture into lined pan; smooth the surface. Refrigerate for 6 hours or overnight until firm.

5 Turn firm pasta mixture onto a clean work surface; cut into 4cm pieces. Place remaining flour in a shallow bowl. Lightly whisk eggs in a second shallow bowl. Combine breadcrumbs and chives in a third shallow bowl. Dust pasta pieces in flour, shaking off excess, dip in egg, then coat in breadcrumb mixture. Place croquettes on a tray. Refrigerate for 15 minutes.

6 Preheat a 7-litre air fryer to 200°C for 3 minutes.

7 Spray the croquettes generously all over with cooking spray. Taking care, place half the croquettes in a single layer in the air fryer basket; at 200°C, cook for 10 minutes, turning halfway through cooking time, or until crisp and golden. Using a spatula or egg slide, carefully transfer to a plate; cover loosely with foil to keep warm. Repeat cooking with remaining croquettes.

8 Sprinkle croquettes with salt flakes and serve with chutney.

Pepperoni calzones

PREP + COOK TIME 45 MINUTES **SERVES** 4

200g piece pepperoni, sliced thinly
1 medium red capsicum (200g), sliced thinly
250g frozen chopped spinach, thawed
⅓ cup (50g) semi-dried tomato strips, without oil
2 tbsp chopped oregano
⅔ cup (70g) coarsely grated mozzarella
2 x 250g fresh dough balls
plain flour, for dusting
¼ cup (65g) thick pizza sauce (tomato paste with herbs)
***to serve:* sea salt flakes**

1 Heat a large non-stick frying pan over medium-high heat; cook pepperoni and capsicum, stirring, for 5 minutes or until golden and tender. Transfer to a plate lined with paper towel to cool.

2 Meanwhile, squeeze spinach to remove excess liquid; transfer to a medium bowl. Add pepperoni mixture, semi-dried tomato, oregano and mozzarella; stir to combine.

3 Divide each dough ball into two even pieces. Roll dough portions out on a piece of lightly floured baking paper into 18cm rounds. Spread dough rounds evenly with pizza sauce, leaving a 1.5cm border around the edge. Top half of each dough round with pepperoni filling mixture, then fold dough over to enclose filling; pinch edges to seal, then fold edges over themselves to pleat. Using a small, sharp knife, make three cuts into calzone tops. Place two calzones together on the baking paper sheet; trim paper so it is 3cm larger all around than the calzones.

4 Preheat a 7-litre air fryer to 180°C for 3 minutes.

5 Taking care, use the paper as an aid to lower one sheet with two calzones into air fryer basket; at 180°C, cook for 14 minutes, turning halfway through cooking time, or until crust is golden and calzones are cooked through. Transfer to a plate; cover to keep warm. Repeat cooking with remaining calzones.

6 Sprinkle calzones with salt flakes to serve.

Popcorn-coated chicken with honey BBQ sauce

PREP + COOK TIME 30 MINUTES **SERVES** 4

100g packet popped butter popcorn
¼ cup (35g) plain flour
1 tsp dried oregano
1 tsp sweet paprika
1 tsp sea salt flakes
½ tsp mustard powder
2 eggs
16 chicken tenderloins (1.2kg)
olive oil cooking spray
½ cup (140g) barbecue sauce
¼ cup (90g) honey
1 tsp Dijon mustard

1 Process the popcorn until coarsely chopped; transfer to a shallow bowl. Combine flour, oregano, paprika, salt flakes and mustard powder in a second shallow bowl. Lightly beat eggs in a third shallow bowl. Dust chicken in flour mixture, shaking off excess, dip in egg, then coat in popcorn. Spray generously all over with cooking spray.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, place chicken in the air fryer basket; at 180°C, cook for 15 minutes, turning halfway through cooking time, or until golden and cooked through.

4 Meanwhile, to make honey BBQ sauce, combine barbecue sauce, honey and mustard in a small bowl.

5 Serve chicken with honey BBQ sauce.

SWAP *Serve the chicken with mayonnaise swirled with sriracha sauce, instead of honey BBQ sauce.*

SWEET BAKES

Peanut butter brownies

PREP + COOK TIME 55 MINUTES
MAKES 12

125g butter, chopped

200g dark chocolate (45% cocoa), chopped coarsely

½ cup (110g) caster sugar

½ cup (160g) caramel top 'n' fill

¼ cup (70g) crunchy peanut butter

2 eggs, beaten lightly

1 cup (150g) plain flour

¼ cup (35g) self-raising flour

1 tbsp cocoa powder

1 Stir butter and chocolate in a medium saucepan over low heat until just smooth. Remove pan from heat and stir in the sugar. Cool for 10 minutes.

2 Preheat a 7-litre air fryer to 160°C for 5 minutes. Grease a 20cm square cake pan; line base and sides with baking paper. Ensure the pan will fit into the air fryer basket.

3 Place caramel top 'n' fill in a microwave safe bowl; microwave for 30 seconds or until softened. Stir in peanut butter.

4 Stir egg into chocolate mixture, then sifted flours and cocoa. Spread half the brownie mixture into prepared pan; dollop with half the peanut butter mixture. Gently spread remaining brownie mixture over the top, then dollop with remaining peanut butter mixture. Using a skewer, swirl the peanut butter mixture through the brownie mixture. Cover pan tightly with foil.

5 Taking care, place pan in the air fryer basket; at 160°C, cook for 25 minutes. Remove foil; cook for a further 10 minutes or until brownie is just set on top. Remove pan from the air fryer. Leave brownie in pan to cool.

6 Cut brownie into 12 pieces.

Basic vanilla butter cookies

PREP + COOK TIME 40 MINUTES
(+ FREEZING, STANDING & COOLING)
MAKES 15

125g butter, softened
½ cup (110g) caster sugar
1 tsp vanilla extract
1 egg yolk
1¼ cups (185g) plain flour
2 tbsp caster sugar, extra
***to serve:* icing sugar**

1 Beat the butter, caster sugar and vanilla in a small bowl with an electric mixer until light and fluffy. Beat in egg yolk until combined. Sift flour, in two batches, into butter mixture, stiring briefly after first batch, then mixing well to combine.

2 Knead dough on a lightly floured surface until smooth. Using your hands, shape dough into a 25cm long log. Place extra caster sugar on a plate; roll log in the sugar. Wrap log in baking paper. Freeze for 1 hour or until firm.

3 Remove log from the freezer. Stand 10 minutes. Slice into 15 x 1.5cm thick rounds.

4 Preheat a 7-litre air fryer to 160°C for 5 minutes.

5 Taking care, line the air fryer basket with baking paper. Place half the cookies, 2cm apart, in the basket (place remaining cookies in the fridge until needed); at 160°C, cook for 12 minutes or until golden. Remove the basket from the pan. Cool cookies in the basket for 10 minutes before transferring to a wire rack to cool completely. Repeat cooking with remaining cookies.

6 Dust cookies with icing sugar.

KEEP *Cookies will keep in an airtight container for up to 2 weeks.*

Berry baked pancake

PREP + COOK TIME 30 MINUTES
SERVES 4

- **olive oil cooking spray**
- **1 cup (150g) plain flour**
- **¼ cup (55g) caster sugar**
- **¼ tsp bicarbonate of soda**
- **⅔ cup (160ml) buttermilk**
- **1 egg, beaten lightly**
- **2 tsp vanilla extract**
- **30g butter, melted**
- **50g blueberries**
- **50g raspberries**
- ***to serve:* icing sugar and maple syrup**

1 Preheat a 7-litre air fryer to 180°C for 3 minutes. Spray a non-stick 18cm round, 2.5cm deep pizza pan (see tip) with cooking spray.

2 Place flour, sugar and bicarb in a large bowl; stir to combine. Whisk buttermilk, egg, vanilla and butter together in a medium jug. Add buttermilk mixture to flour mixture; stir until just combined. Spread mixture into pan and smooth the top; scatter with berries, pressing them gently into the batter.

3 Taking care, place pan in the air fryer basket; at 180°C, cook for 15 minutes or until a skewer inserted into the centre of the pancake comes out clean.

4 Dust warm pancake with icing sugar and serve with maple syrup.

TIP *Many air fryers come with an accessory pack that includes a pizza pan.*

Lemon curd & raspberry bread pudding

PREP + COOK TIME 1 HOUR
SERVES 12

250g crusty sourdough bread, sliced thickly
½ cup (160g) lemon curd
1 cup (250ml) thickened cream
¾ cup (180ml) milk
3 eggs
¼ cup (55g) caster sugar
1 tsp vanilla extract
125g frozen raspberries
***to serve:* extra lemon curd**

1 Grease a 1.5-litre (6-cup), 20cm round baking dish; ensure the dish will fit into the basket of a 7-litre air fryer.

2 Spread bread slices thickly with lemon curd. Arrange bread, curd-side up, in dish.

3 To make custard, combine cream and milk in a microwave-safe jug; microwave on HIGH (100%) for 2 minutes or until warm. Whisk eggs, sugar and vanilla in a bowl until combined; gradually whisk in the warm cream mixture until combined. Pour custard over bread slices in dish; scatter with raspberries. Using a spatula, press bread down gently to submerge in custard. Stand for 5 minutes. Cover dish tightly with foil.

4 Preheat air fryer to 150°C for 5 minutes.

5 Taking care, place dish in the air fryer basket; at 150°C, cook for 30 minutes. Remove foil. Reset the temperature to 160°C; cook for a further 12 minutes or until golden and just set. Remove dish from the air fryer. Leave pudding for 5 minutes to cool slightly.

6 Serve pudding dolloped with extra lemon curd.

Lemon curd scones

PREP + COOK TIME 35 MINUTES **MAKES** 9

You will need a 5.5cm round cutter for this recipe.

2⅓ cups (375g) self-raising flour
⅓ tsp baking powder
pinch fine salt
2 tbsp raw sugar
300ml buttermilk
¼ cup (80g) lemon curd
olive oil cooking spray
***to serve:* jam and whipped cream**

1 Sift flour, baking powder, salt and sugar into a large bowl. Make a well in the centre; pour in combined buttermilk and lemon curd. Using a flat-bladed knife, gently stir until dough just comes together.

2 Turn dough out onto a lightly floured work surface. Using your hands, knead mixture briefly. Pat out until dough is 3cm thick.

3 Using a floured cutter, cut 5.5cm rounds from dough. Press scraps of dough together until 3cm thick. Repeat cutting to get a total of 9 scones. Brush top of scones with any buttermilk left in the carton or 1 tbsp of milk.

4 Preheat a 7-litre air fryer to 180°C for 3 minutes.

5 Spray the air fryer basket with cooking spray. Taking care, place scones side by side in the basket. Reset the temperature to 160°C; cook for 17 minutes.

6 Serve warm scones with jam and cream.

SERVING IDEA *You can also serve the scones with lemon curd and whipped cream.*

Nutella turnovers

PREP + COOK TIME 30 MINUTES **MAKES** 18

2 sheets frozen puff pastry, just thawed

½ cup (165g) Nutella

½ cup (60g) finely chopped roasted hazelnuts

1 egg, beaten lightly

1 Preheat a 7-litre air fryer to 200°C for 3 minutes.

2 Cut each pastry sheet into nine 8cm squares. Spoon 1 heaped tsp Nutella and 1 tsp of hazelnuts onto the centre of each square. Brush edges of pastry with a little egg. Fold pastry over to form a triangle and enclose filling. Using a fork, press edges together to seal.

3 Taking care, place half of the turnovers in the air fryer basket; at 200°C, cook for 8 minutes or until pastry is golden and cooked. Transfer to a wire rack to cool slightly. Repeat cooking with remaining turnovers.

4 Serve turnovers warm, topped with any remaining hazelnuts (see tip).

TIP *Allow turnovers to cool slightly before eating so you don't scorch your mouth.*

Chocolate cake with fudge icing

PREP + COOK TIME
1 HOUR 15 MINUTES
(+ REFRIGERATION)
SERVES 12

125g butter, softened

1 tsp vanilla extract

¾ cup (165g) caster sugar

2 eggs

1¼ cups (185g) self-raising flour

½ cup (50g) cocoa powder

½ cup (125ml) milk

FUDGE ICING

50g butter, chopped

⅓ cup (75g) brown sugar

1 tbsp milk

1 cup (160g) icing sugar

2 tbsp cocoa powder

1 Preheat a 7-litre air fryer to 160°C for 5 minutes. Grease a deep 20cm round cake pan; line base and side with baking paper. Ensure the pan will fit into the air fryer basket.

2 Beat butter, vanilla, sugar, eggs, sifted flour, cocoa and milk in a large bowl with an electric mixer on low speed until combined. Increase speed to medium; beat for 3 minutes or until mixture is smooth and paler in colour. Spoon mixture into pan. Cover pan with a piece of greased foil.

3 Taking care, place pan in the air fryer basket; at 160°C, cook for 1 hour or until a skewer inserted into the centre of cake comes out clean. Remove pan from air fryer basket. Leave cake in pan for 10 minutes before turning, top-side up, onto a wire rack to cool.

4 Meanwhile, make the fudge icing: Stir butter, brown sugar and milk in a small saucepan over low heat until sugar dissolves. Remove pan from heat. Sift icing sugar and cocoa into a small bowl; gradually whisk in the hot butter mixture until smooth. Cover bowl. Refrigerate for 40 minutes or until icing thickens.

5 Beat icing with a wooden spoon until spreadable. Spread top of cake with fudge icing.

Apple pie rolls

PREP + COOK TIME 35 MINUTES **MAKES** 8

400g can pie apple slices, chopped
¼ cup (40g) sultanas
1½ tbsp caster sugar
½ tsp ground cinnamon
1½ tbsp almond meal
8 x 21.5cm frozen spring roll wrappers, thawed (see tip)
olive oil cooking spray
***to serve:* icing sugar and vanilla ice-cream**

1 Combine apple, sultanas, sugar, cinnamon and almond meal in a medium bowl.

2 Place a spring roll wrapper on a clean work surface. Place 2 level tablespoons of filling one-third up from the bottom edge in a line, leaving a 4cm border on each side. Fold bottom of wrapper over filling once, fold in the sides, then roll up to enclose filling; brush the join with a little water to seal. Repeat with remaining spring roll wrappers and filling.

3 Preheat a 7-litre air fryer to 200°C for 3 minutes.

4 Spray rolls generously all over with cooking spray. Taking care, place rolls in the air fryer basket; at 200°C, cook for 15 minutes or until golden brown.

5 Dust rolls with icing sugar and serve with vanilla ice-cream.

TIP *You can find spring roll wrappers in the freezer section of the supermarket.*

Passionfruit buttermilk cake

PREP + COOK TIME 1 HOUR 15 MINUTES (+ COOLING) **SERVES** 12

125g butter
1 cup (220g) caster sugar
2 tsp vanilla extract
2 eggs
2 cups (300g) self-raising flour
⅔ cup (160ml) buttermilk
¾ cup (180ml) passionfruit pulp (see tip)
1½ cups (240g) icing sugar

1 Preheat a 7-litre air fryer to 160°C for 5 minutes. Grease a deep 20cm round springform cake pan; line base and side with baking paper. Ensure the pan will fit into the air fryer basket.

2 Beat butter, caster sugar and vanilla in a bowl with an electric mixer until thick and creamy. Beat in eggs, one at a time, until combined. Fold in flour, buttermilk and ¼ cup of the passionfruit pulp. Spoon mixture into pan; cover pan with a piece of greased foil.

3 Taking care, place pan in the air fryer basket; at 160°C, cook for 30 minutes. Remove foil; cook for a further 30 minutes or until a skewer inserted into the centre of the cake comes out clean. Remove pan from the air fryer. Leave cake in pan for 10 minutes before turning out onto a wire rack to cool.

4 To make passionfruit icing, combine icing sugar and remaining passionfruit pulp in a small bowl. Spread top of cooled cake with passionfruit icing.

TIP *You will need about 9 passionfruit for this recipe.*

Berry frangipane galette

PREP + COOK TIME 1 HOUR 10 MINUTES (+ REFRIGERATION)
SERVES 6

1 cup (150g) plain flour
2 tbsp caster sugar
60g chilled butter, chopped
1 egg yolk
2 tbsp almond meal
150g frozen mixed berries
2 tsp cornflour
***to serve:* icing sugar and vanilla ice-cream**

FRANGIPANE FILLING

60g butter, softened
¼ cup (55g) caster sugar
1 tsp vanilla extract
1 egg yolk
⅔ cup (80g) almond meal
1½ tbsp plain flour

1 To make the pastry, process flour, sugar and butter in a food processor until mixture resembles fine breadcrumbs. Add egg yolk. Process until dough just comes together. Turn dough out onto a work surface and shape into a disc; wrap in plastic wrap. Refrigerate for 30 minutes.

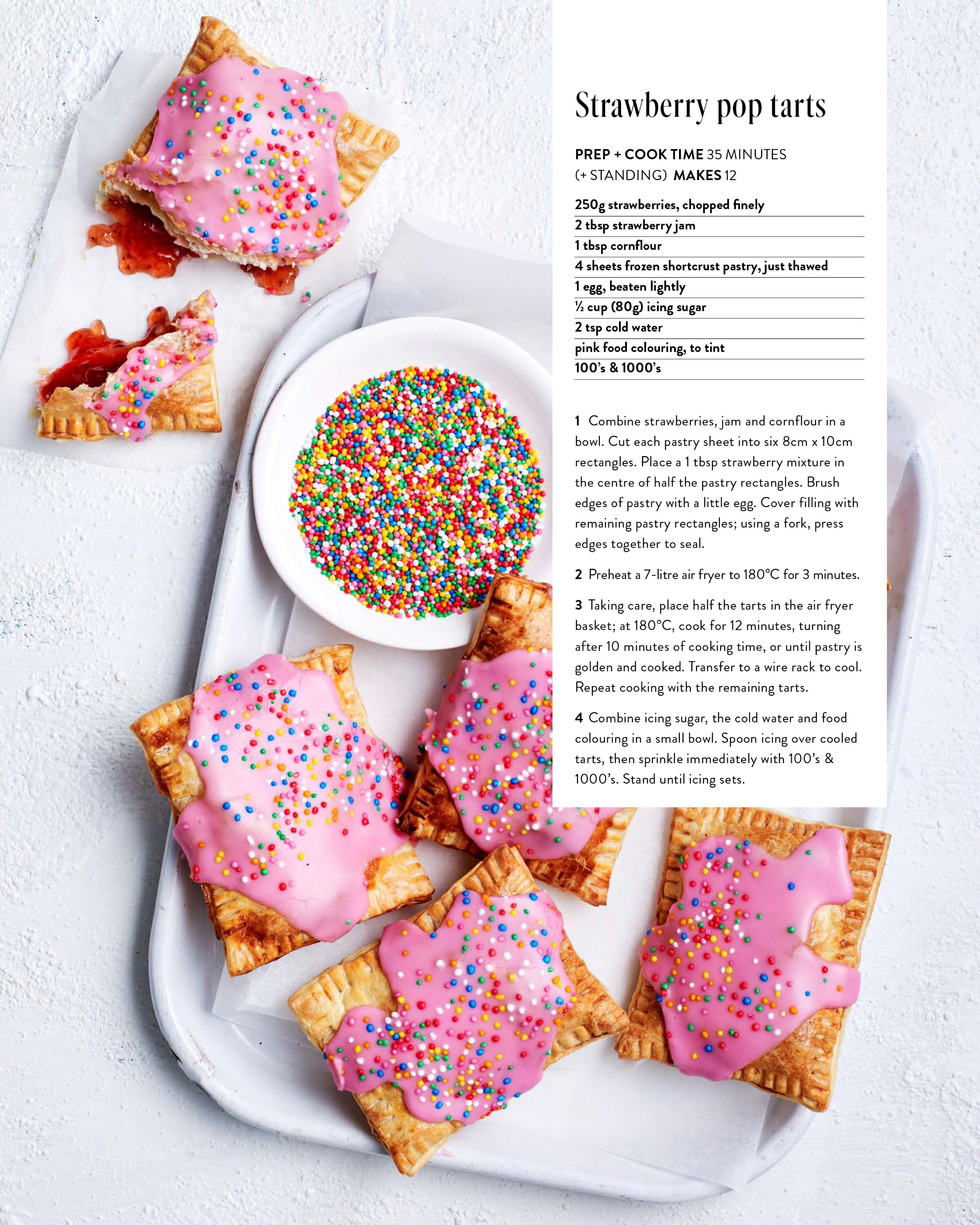
2 Meanwhile, make the frangipane filling: Beat butter, sugar and vanilla in a small bowl with an electric mixer until pale and creamy. Beat in egg yolk until combined. Stir in almond meal and flour until combined.

3 Preheat a 7-litre air fryer to 180°C for 5 minutes.

4 Roll pastry between two sheets of baking paper until 3mm thick. Using a plate or cake pan, cut out a 25cm round from pastry; discard offcuts. Sprinkle almond meal over pastry round, then evenly spread with frangipane, leaving a 3cm border. Toss berries in cornflour to coat, shaking off excess, then scatter over the frangipane. Fold pastry border up and over filling as pictured.

5 Taking care, use the paper as an aid to lower the galette into the air fryer basket, then cover basket tightly with foil; at 180°C, cook for 30 minutes. Remove foil. Reset the temperature to 160°C; cook for a further 15–18 minutes or until pastry is golden and frangipane is cooked through. Taking care, use the paper as an aid to remove the galette from the air fryer.

6 Dust galette with icing sugar and serve with ice-cream.



Strawberry pop tarts

PREP + COOK TIME 35 MINUTES
(+ STANDING) **MAKES** 12

250g strawberries, chopped finely
2 tbsp strawberry jam
1 tbsp cornflour
4 sheets frozen shortcrust pastry, just thawed
1 egg, beaten lightly
½ cup (80g) icing sugar
2 tsp cold water
pink food colouring, to tint
100's & 1000's

1 Combine strawberries, jam and cornflour in a bowl. Cut each pastry sheet into six 8cm x 10cm rectangles. Place a 1 tbsp strawberry mixture in the centre of half the pastry rectangles. Brush edges of pastry with a little egg. Cover filling with remaining pastry rectangles; using a fork, press edges together to seal.

2 Preheat a 7-litre air fryer to 180°C for 3 minutes.

3 Taking care, place half the tarts in the air fryer basket; at 180°C, cook for 12 minutes, turning after 10 minutes of cooking time, or until pastry is golden and cooked. Transfer to a wire rack to cool. Repeat cooking with the remaining tarts.

4 Combine icing sugar, the cold water and food colouring in a small bowl. Spoon icing over cooled tarts, then sprinkle immediately with 100's & 1000's. Stand until icing sets.

Free-form banana pecan muffins

PREP + COOK TIME 35 MINUTES **MAKES** 9

- **1 cup (150g) self-raising flour**
- **½ cup (110g) brown sugar**
- **1 egg, beaten lightly**
- **1 tsp vanilla extract**
- **¼ cup (60ml) grapeseed oil**
- **¼ cup (60ml) milk**
- **¾ cup mashed banana (see tips)**
- **27 pecan halves (40g)**
- ***to serve:* vanilla Greek yoghurt**

1 Triple layer paper muffin cases to create nine thick cases.

2 Combine flour and sugar in a large bowl. Whisk egg, vanilla, oil and milk in a medium bowl; add to the dry ingredients, stirring until just combined. Fold the mashed banana into mixture until just combined. Divide batter among muffin cases.

3 Preheat a 7-litre air fryer to 160°C for 3 minutes.

4 Taking care, place muffins in the air fryer basket, then top each with three pecan halves; at 160°C, cook for 17 minutes or until a skewer inserted into the centre of a muffin comes out clean. Transfer to a wire rack to cool.

5 Serve muffins topped with a dollop of yoghurt.

TIPS *You will need 2 large bananas for this recipe. Muffins are best eaten on the day of making.*

Chocolate lava cakes

PREP + COOK TIME
30 MINUTES (+ COOLING)
SERVES 6

25g butter, softened
2 tbsp cocoa powder
155g dark chocolate, chopped coarsely
125g butter, extra, chopped
2 eggs
2 egg yolks
⅓ cup (75g) caster sugar
¼ cup (35g) plain flour
***to serve:* extra cocoa powder and coffee ice-cream**

1 Grease six ¾-cup (180ml) ovenproof dishes (ramekins or metal dariole moulds) with softened butter, then dust with cocoa, shaking off excess.

2 Stir chocolate and extra butter in a small saucepan over low heat until smooth. Cool for 10 minutes. Transfer mixture to a large bowl.

3 Beat the eggs, egg yolks and sugar in a small bowl with an electric mixer until thick and creamy. Fold egg mixture and sifted flour into barely warm chocolate mixture. Spoon mixture into dishes.

4 Preheat a 7-litre air fryer to 180°C for 3 minutes.

5 Taking care, place dishes in the air fryer basket; at 180°C, cook for 10–12 minutes. Remove dishes from the air fryer. Leave cakes for 1 minute before gently inverting onto serving plates.

6 Dust cakes with extra cocoa and serve immediately with a scoop of coffee ice-cream.

TIPS *These cakes should be served shortly after they come out of the air fryer. If they are allowed to sit for longer than 1 minute, the gooey centre will firm up and the chocolate won't ooze out when they're cut. Warning: The melted chocolate centre will be hot, so take care when biting into the cake.*

Spiced doughnut bites

PREP + COOK TIME 35 MINUTES
MAKES 24

- **250g packet doughnut bites mix**
- **2 tbsp vegetable oil**
- **1 egg**
- **¼ cup (60ml) milk**
- **2 tsp finely grated orange rind**
- **½ tsp ground nutmeg**
- **40g butter, melted**

1 Preheat a 7-litre air fryer to 180°C for 3 minutes. Grease two 12-hole mini muffin pans (1 tbsp/20ml). Ensure the pans will fit, one at a time, into the air fryer basket.

2 Place doughnut mix in a medium bowl. Whisk oil, egg and milk in a jug until combined. Gently stir milk mixture into doughnut mix until just combined (do not over-mix). Divide doughnut mixture among pan holes.

3 Taking care, lower one muffin pan into the air fryer basket; at 180°C, cook for 8 minutes or until doughnuts are golden and a skewer inserted into the centre of one comes out clean. Remove pan from the air fryer. Leave doughnuts in pan for 5 minutes before turning out onto a wire rack to cool slightly. Repeat cooking with remaining muffin pan of doughnut mixture.

4 Meanwhile, place cinnamon sugar mix from the packet of doughnut bites mix in a medium bowl. Add orange rind and nutmeg; mix well.

5 Lightly brush warm doughnut bites with melted butter, then toss in the cinnamon sugar mixture to coat.

6 Serve doughnut bites warm.

VARIATION *For spiced Nutella doughnut bites, spoon half the doughnut mixture into pan holes, top each with ½ tsp Nutella, then spoon remaining doughnut mixture over Nutella. Continue with recipe from step 3.*

GLOSSARY

BEAN SPROUTS tender new growths of assorted beans and seeds germinated expressly for consumption as sprouts.

BEEF, SCOTCH FILLET is cut from the muscle running behind the shoulder along the spine. Also known as cube roll; cuts include standing rib roast and rib-eye.

BREADCRUMBS

fresh bread, usually white, processed into crumbs.

packaged fine-textured, crunchy, purchased white breadcrumbs.

panko also known as Japanese breadcrumbs. Available in two types: larger pieces and fine crumbs; both have a lighter texture than Western-style breadcrumbs.

BRIOCHE French in origin; a rich, yeast-leavened, cake-like bread made with butter and eggs. Available from cake or specialty bread shops.

BUK CHOY also known as bok choy, pak choi, Chinese white cabbage or Chinese chard; has a fresh, mild mustard taste. Use both stems and leaves. Baby buk choy is smaller and more tender than buk choy.

BUTTER BEANS a large beige bean with a mealy texture and mild taste. Cans labelled butter beans are, in fact, cannellini beans. Confusingly butter beans are also another name for lima beans. Available dried and canned.

BUTTERMILK originally the term given to the slightly sour liquid left after butter was churned from cream, today it is made from no-fat or low-fat milk to which specific bacterial cultures have been added. Is low in fat.

CAPERS grey-green buds of a warm climate shrub; sold either dried and salted or pickled in a vinegar brine. Baby capers are very small and have a fuller flavour. Rinse well before using.

CHEESE

cheddar the most common cow's milk 'tasty' cheese; should be aged, hard and have a pronounced bite.

fetta Greek in origin; a crumbly textured goat's or sheep's milk cheese with a sharp, salty taste. Ripened and stored in salted whey.

gruyère a Swiss cheese with small holes and a nutty, slightly salty flavour.

mozzarella soft, spun-curd cheese that originated in Southern Italy where it was traditionally made from water-buffalo milk. Now, generally made from cow's milk, it is the most popular pizza cheese.

parmesan also called parmigiano; a hard, grainy cow's milk cheese. The curd is salted in brine for a month then aged for up to 2 years.

pizza a blend of grated mozzarella, cheddar and parmesan cheeses.

CHICKEN TENDERLOINS thin strip of meat lying just under the breast, especially good for stir-frying.

CHILLI generally, the smaller the chilli, the hotter it is. Use rubber gloves when seeding and chopping fresh chillies as they can burn your skin. Removing seeds and membranes lessens the heat level.

long red available both fresh and dried; a generic term used for any moderately hot, long (6–8cm), thin chilli.

powder the Asian variety is the hottest, made from dried ground Thai chillies; can be used instead of fresh in the proportion of ½ tsp chilli powder to 1 medium chopped fresh red chilli.

CHINESE FIVE SPICE POWDER a ground spice blend usually consisting of cloves, cinnamon, star anise, Sichuan pepper and fennel seeds.

CHIVES related to the onion and leek; have a subtle onion flavour. Used more for flavour than as an ingredient.

CHOCOLATE, DARK made of a high percentage of cocoa liquor and cocoa butter, and little added sugar.

CINNAMON available both in the piece (called sticks or quills) and ground into powder; one of the world's most common spices, used universally as a sweet, fragrant flavouring for both sweet and savoury foods.

COCOA POWDER cocoa beans (cacao seeds) that have been fermented, roasted, shelled, ground into powder then cleared of most of the fat content.

COCONUT

cream obtained commercially from the first pressing of the coconut flesh alone, without the addition of water; the second pressing (less rich) is sold as coconut milk. Available in cans and cartons at supermarkets.

shredded unsweetened thin strips of dried coconut flesh.

CORIANDER also called cilantro or Chinese parsley; bright-green-leafed herb with a pungent aroma and taste. Both stems and roots are used: wash well before chopping. Coriander seeds are dried and sold whole or ground; they cannot be substituted for fresh as the taste is different.

CORNFLOUR available made from corn or wheat (wheaten cornflour gives a lighter texture in cakes); used as a thickening agent in cooking.

COUSCOUS a fine grain-like cereal product made from semolina.

CREAM

pouring also known as pure cream.

thickened a whipping cream containing thickener; has a minimum fat content of 35 per cent.

CUMIN is the dried seed of a plant related to the parsley family. Has a spicy, almost curry-like flavour. Available dried as seeds or ground.

DILL use fresh or dried, in seed form or ground. Its anise/celery sweetness flavours the food of the Scandinavian countries, Germany and Greece.

FISH FILLETS, FIRM WHITE blue eye, bream, flathead, swordfish, ling, whiting, jewfish, snapper or sea perch are all good choices. Check for small pieces of bone and use tweezers to remove them.

HARISSA a North African paste made from dried red chillies, garlic, olive oil and caraway seeds; can be used as a rub for meat, an ingredient in sauces and dressings, or eaten as a condiment. Available from Middle Eastern food shops and some supermarkets.

LAMB CUTLET small, tender rib chop; sometimes sold French-trimmed with all the fat and gristle at the narrow end of the bone removed.

LEMONGRASS a tall, clumping, lemon-smelling and -tasting, sharp-edged grass; the white part of the stem is used, finely chopped, in cooking.

LENTILS (RED, BROWN, YELLOW) dried pulses often identified by and named after their colour.

MAPLE SYRUP distilled from the sap of sugar maple trees found only in Canada and about ten states in the USA. Maple-flavoured syrup and pancake syrup are not adequate substitutes.

MUSHROOMS, PORTOBELLO large, fully grown cremini or baby bella mushrooms with a brown or beige cap that averages about 15cm in diameter, with distinctive dark brown or black gills and a woody stem under the cap. They have an earthy flavour and meaty texture.

MUSTARD

Dijon also called French; pale brown, creamy, distinctively flavoured, fairly mild French mustard.

wholegrain also known as seeded mustard; a coarse-grain mustard made from crushed mustard seeds and Dijon-style French mustard.

NUTMEG a strong and pungent spice ground from the dried nut of an evergreen tree native to Indonesia. Usually found ground but the flavour is more intense from a whole nut, so it's best to grate your own.

NUTS a good source of fibre and healthy oils, nuts contain a range of vitamins and minerals.

almond meal almonds which have been powdered to a coarse flour-like texture.

hazelnuts plump, grape-sized, rich, sweet nut with a brown skin that is removed by rubbing heated nuts together vigorously in a tea towel.

walnuts a tree nut belonging to the walnut family; contains the beneficial omega-3 fatty acids and is higher in antioxidants than most other foods.

OIL

cooking spray we use an olive oil cooking spray in this book.

olive made from ripened olives. Extra virgin and virgin are the first and second press, respectively, and are considered the best; reference to 'extra light' or 'light' is to taste not fat levels.

sesame made from roasted, crushed, white sesame seeds; a flavouring rather than a cooking medium.

vegetable oils sourced from plant rather than animal fats.

ONIONS

eschalot also called shallots, French shallots or golden shallots; small, brown-skinned, elongated members of the onion family. Grow in tight clusters like garlic.

green also known as scallion or, incorrectly, shallot; an immature onion picked before the bulb has formed. Have a long, bright-green edible stalk.

red also known as Spanish, red Spanish or Bermuda onion; a sweet-flavoured, large, purple-red onion.

PAK CHOY similar to baby buk choy, except the stem is a pale green rather than white and the top is less leafy.

PAPRIKA ground, dried, sweet red capsicum; there are many types available, including sweet, hot, mild and smoked.

POLENTA also known as cornmeal; a flour-like cereal made of ground corn. Also the name of the dish made from it.

PORK

American-style spare ribs well-trimmed mid-loin ribs.

leg steaks steaks or escalopes cut from a boned leg of pork.

SAUCES

fish sauce made from pulverised salted fermented fish; has a pungent smell and strong taste. Use to your taste.

kecap manis (ketjap manis); a thick soy sauce with added sugar and spices. The sweetness is derived from the addition of molasses or palm sugar.

soy made from fermented soy beans. We use Japanese soy sauce unless otherwise indicated.

sweet chilli a mild sauce made from red chillies, sugar, garlic and vinegar.

Worcestershire thin, dark-brown spicy sauce developed by the British when in India; used as a seasoning and as a condiment.

SPRING ROLL WRAPPERS also known as egg roll wrappers; come in various sizes and can be purchased fresh or frozen.

SUMAC a purple-red, astringent spice; adds a tart, lemony flavour to food.

VANILLA EXTRACT obtained from vanilla beans infused in water; a non-alcoholic version of essence.

CONVERSION CHART

MEASURES

One Australian metric measuring cup holds approximately 250ml; one Australian metric tablespoon holds 20ml; one Australian metric teaspoon holds 5ml. The difference between one country's measuring cups and another's is within a two- or three-teaspoon variance and will not affect your cooking results.

North America, New Zealand and the United Kingdom use a 15ml tablespoon.

All cup and spoon measurements are level. The most accurate way of measuring dry ingredients is to weigh them. When you are measuring liquids, use a clear glass jug with the metric markings.

Measurements for cake pans are approximate only. Using same-shaped cake pans of a similar size should not affect the outcome of your baking. We measure the inside top of the pan to determine size.

We use extra-large eggs with an average weight of 60g.

DRY MEASURES

metric	imperial
15g	½oz
30g	1oz
60g	2oz
90g	3oz
125g	4oz (¼lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (½lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (¾lb)
410g	13oz
440g	14oz
470g	15oz
500g	16oz (1lb)
750g	24oz (1½lb)
1kg	32oz (2lb)

LIQUID MEASURES

metric	imperial
30ml	1 fluid oz
60ml	2 fluid oz
100ml	3 fluid oz
125ml	4 fluid oz
150ml	5 fluid oz
190ml	6 fluid oz
250ml	8 fluid oz
300ml	10 fluid oz
500ml	16 fluid oz
600ml	20 fluid oz
1000ml (1 litre)	1¾ pints

LENGTH MEASURES

metric	imperial
3mm	⅛in
6mm	¼in
1cm	½in
2cm	¾in
2.5cm	1in
5cm	2in
6cm	2½in
8cm	3in
10cm	4in
13cm	5in
15cm	6in
18cm	7in
20cm	8in
22cm	9in
25cm	10in
28cm	11in
30cm	12in (1ft)

OVEN TEMPERATURES

The oven temperatures in this book are for conventional ovens; if you have a fan-forced oven, decrease the temperature by 10–20 degrees.

	°C (Celsius)	°F (Fahrenheit)
Very slow	120	250
Slow	150	300
Moderately slow	160	325
Moderate	180	350
Moderately hot	200	400
Hot	220	425
Very hot	240	475

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